A FESTIVAL TO 'CELEBRATE LIFE'

SAFETY IS TOP OF MIND AS CARIBBEAN CARNIVAL KICKS OFF IN TORONTO, BUT THE PARTY WILL GO ON PAGE 4

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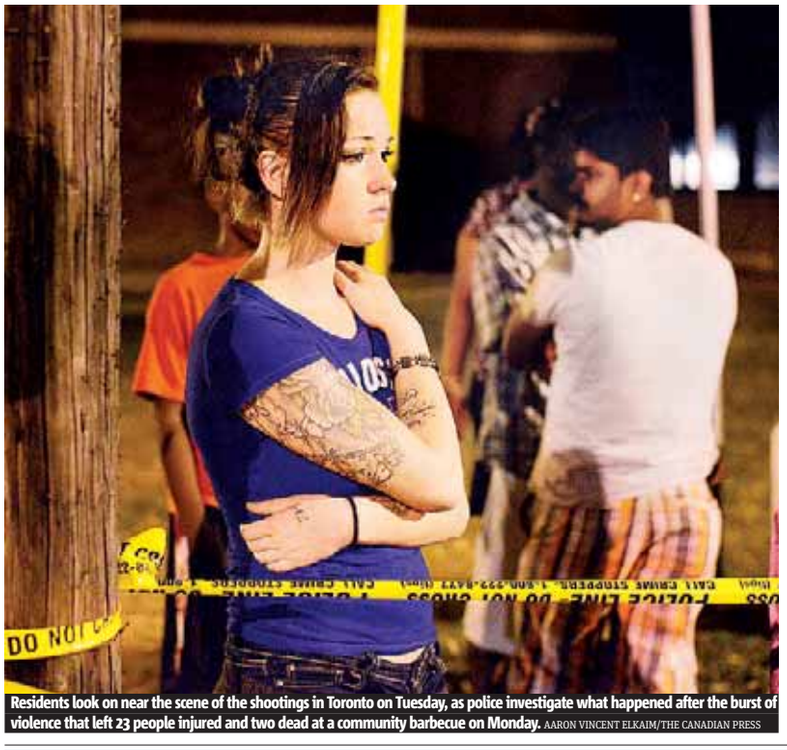
Fix for 'disgusting' acts of violence is more jobs: Ford



Residents look on near the scene of the shootings in Toronto on Tuesday, as police investigate what happened after the burst of violence that left 23 people injured and two dead at a community barbecue on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Scarborough shooting.
Some councillors are seeking funding for priority neighbourhoods, while the mayor says job investment is key

City councillors of all stripes say Toronto's latest mass shooting underscores the need for special spending in some neighbourhoods, isolating the staunchly opposed Mayor Rob Ford.

Some councillors said Tuesday that city funding for recreation centres, youth-outreach workers, job creation and more can make tragedies like the deadly Danzig Street shooting less likely.

Ford decried the "disgusting act of senseless violence," but stuck to his mantra that "the best social program around is a job." He said he spoke to Premier Dalton McGuinty and will again on "how we can work together to combat gang violence." But it was clear he was speaking of tough-on-crime initiatives.

"We must use every legal means to make life for these thugs miserable, to put them behind bars, or to run them out of town," Ford said in a statement. "We will not rest until being a gang member is a miserable, undesirable life."

On social programs

"You or anyone else can come out there and invest and open up a business that creates jobs. That's the best social program around, is a job."
Mayor Rob Ford

Coun. Adam Vaughan said if Ford is not prepared to ask for financial help, council should talk directly to McGuinty, possibly at an emergency meeting before the next one scheduled for Oct. 2.

Vaughan wants council to reverse certain cuts in the 2012 austerity budget and consider investments to address "seething, if not raging despair in some of these neighbourhoods."

Ford, in comments and talking points distributed to allies, called the Danzig Street shooting and an earlier one at the Eaton Centre "a couple of isolated and unfortunate incidents" that "quick solutions" won't remedy.

"Everyone has to move on and carry on with their life and the most important thing right now is that we apprehend the suspects and let the courts proceed as they may," he told reporters.

Asked about priority neighbourhood funding, he said: "I think they should start investing in jobs."

TORSTAR NEWS SERVICE

FOR MORE COVERAGE ON THE MASS SHOOTING AT SCARBOROUGH'S DANZIG STREET, SEE PAGE 3

Crime tips

- Since its launch on July 4, the Toronto Crime Stoppers app has been downloaded more than 14,000 times.
- The app allows GTA residents to alert police about crimes through photos, video, emails, text and a Crime Stoppers autodial.
- Investigators are seeking tips on possible suspects in the Danzig Street shooting.

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Twitter

Timeline of a shooting

Here is a collection of tweets from the hours before, during and after the mayhem. It all started with the promise of free Hennessy cognac and some excited partygoers.

12:50 p.m. The Hennessy BlockO's today, you coming??? (written by Tamica Mollison)

9:30 p.m. #Hennessy-BlockParty ahhhhh let's go, everybody come out!!! (Justin Bieber..XOX)

10:43 p.m. Momma niced me a hole bottle of henny (Elijah Talbert)

Then, the shooting begins.

11:11 p.m. This can't be reaaaaaaaal man (Justin Bieber..XOX)

11:40 p.m. A BABY GOT SHOT BRO (OG BigBone)

11:46 p.m. I ain't the type to cry but my eyes ain't stopping (Elijah Talbert)

Some people who were at the party, or friends of those who were, stayed up tweeting late into the night and Tuesday morning:

12:28 a.m. shyanne didn't make it ... Please tell me I'm being lied to (Elijah Talbert)

12:53 a.m. I ain't sleeping till I know the truth (Elijah Talbert)

1:17 a.m. I used to think where I live was safe (Elijah Talbert)

2:03 a.m. Hennessy & Enemies is one hell of a mixture #ForReal (Tamica Mollison)

2:31 a.m. Summer of the gun, such a damn shame. (†)

4:07 a.m. I can't sleep, every-time I close my eyes everything replays in my head...& its not a pretty picture (Tamica Mollison)

TORSTAR NEWS SERVICE

Youth workers say not enough being done to end the violence

Shannon Longshaw said she organized the barbecue for community children where a shooting took place on Monday. Advocates believe the incident will spawn some action from governments. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Looking for answers.
Frustrated advocate says it will only get worse unless youth are able to find work

Jam Johnson, a 47-year-old youth worker who has worked with young people in troubled neighbourhoods across Toronto for three decades is frustrated with a system he says doesn't do enough to keep troubled youth from picking up guns in the first place.

"They killed an innocent girl," he says. "All those people got shot up, for what? For what?"

"People don't get it," says Johnson, co-founder of the Neighbourhood Basketball Association, a city-wide sports program for youth. "I've been warning them about this stupidness for the longest time. Get these kids jobs, man. Idle hands are the devil's workshop. Nobody listens, nobody hears. And it's gonna get worse."

Youth workers across the city echo his outrage and stress that funding problems — not only a lack of it, but the sporadic way in which it is distributed — are undermining efforts to address systemic issues and keep young people from picking up guns.

The Monday night shooting took place steps outside the boundary of Kingston-Galloway — one of 13 city-designated "priority neighbourhoods."

As Torstar News Service reported earlier this week, the money that flowed into those neighbourhoods following the deadly "summer of the gun" in 2005 is now drying up. Even before the unprecedented violent shooting, youth workers expressed concern that fragile gains made over the past seven years could be lost.

Victor Beausoleil, who runs Redemption Reintegration Services, says all levels of government need to look critically at how dollars are spent, and find a way to base funding distribution on evidence.

TORSTAR NEWS SERVICE

Victims. Wounded expected to recover

More than 20 people were injured in Monday's deadly rampage at a Scarborough street party in which a teenage girl and young man were killed.

Toronto police said Tuesday that 23 people were treated in hospital for gunshot wounds, including a 22-month-old toddler grazed by a bullet, after the shootout at about 10:40 p.m. Monday. One other person, trampled by the crowd after shots rang out, was also treated.

Sixteen people were taken by Toronto EMS to five hospitals, said spokeswoman Kim McKinnon, while several others made it to hospitals by themselves.

TORSTAR NEWS SERVICE

Man and girl killed

Toronto homicide investigators have released the names of the two people who were killed by gunfire at Monday night's shootout.

- Police say 14-year-old Shyanne Charles and 23-year-old Joshua Yasay were killed.

1 NEWS

On the web

Make your mark with the moonwalk

Think you've got Michael Jackson's moves? Here's your chance to prove it, says music legend Berry Gordy, who will bring Motown's most influential singers to Broadway. Go to metronews.ca to read more about the making of the musical.

Mobile news

Who needs the fire brigade when all you really require these days is a neighbour with arms of steel. Scan the code to see how a heroic man rescued a girl who fell from her third-floor apartment.

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Can't stop the music: City's 45th Caribbean fest kicks off

Mayor Rob Ford does the 'jump up' while Denise Herrera-Jackson, CEO of the Scotiabank Caribbean Carnival Toronto, looks on during the event's official launch party in Nathan Phillips Square on Tuesday. RENE JOHNSTON/TORSTAR NEWS SERVICE

Sorrow and rejoicing. Monday's shootings form a backdrop to celebrations as annual carnival launches

As the sounds of steelpan drums rang through Nathan Phillips Square and scantily clad women paraded through a crowd, it was clear that Toronto's 45th annual Caribbean festival had arrived.

"You are the heart and soul of Toronto," Ontario Senator Dr. Asha Seth told the crowd at Tuesday's opening event. "Let us make sure the music never stops."

There was no intention of slowing down at the kick-off to the Scotiabank Caribbean Carnival Toronto, formerly known as Caribana, despite the ripple effects Monday's shootings in Scarborough had on many Torontonians.

"As we celebrate life and grieve for death, we just have to continue moving on," the event's CEO Denise Hererra-Jackson said.

The festival itself is not immune to violence — just last year one man was shot dead and two others were wounded along the parade route.

More than 600 security and police officers will be present at this year's parade to safeguard the public.

While these tragedies serve as a cautious reminder to revellers, the festival is about celebration. And as a tightly packed crowd gathered Tuesday to watch musical performances and listen to speeches from politicians and festival organizers, the largest festival of its kind in North America still had reason to rejoice.

This year marks an important time for many of those celebrating their roots through the festival. To commemorate the 50th anniversary of independence for Jamaica and Trinidad and Tobago, the Royal Ontario Museum is showing an exhibit, Carnival: From Emancipation to Celebration, until February 2013.

Economic boost

- The Scotiabank Caribbean Carnival Toronto costs about $2.5 million to put on, but with more than a million people expected to attend — many from outside the city — Toronto has a lot to gain financially.
- In past years the event has given the provincial economy an estimated $480-million boost.
- The biggest draw, the grand parade, kicks off at Exhibition Place at 10 a.m. on Aug. 4.

New events have been added to the festival's lineup, including two religious services, including one on Aug. 12. "We are party people, we are religious people, so we tried to marry those," Hererra-Jackson said.

TORSTAR NEWS SERVICE

Wheelchair athlete continues fighting for his reputation

Canadian wheelchair athlete Jeff Adams, who has won 13 medals competing for Canada at the Paralympics and other international competitions, tested positive for drugs in 2006. Trace amounts of cocaine metabolites were detected in his urine.

As a new generation of athletes prepares to travel to London this month to compete in the Summer Olympics and Paralympics, Adams says his prolonged and venomous battle with the Canadian Centre for Ethics in Sport (CCES) serves as a sobering reminder for all athletes that drug-testing agencies will "do whatever it takes to win at any cost."

"My message for Canadian athletes is, 'Give up, you can't win,'" Adams says. "Right or wrong, the deck is stacked. The rules are all in their favour. Athletes don't even have the same presumption of innocence we have in our court system."

Despite being vindicated in 2008 by the Switzerland-based Court of Arbitration for Sport, whose officials believed Adams' claim that he had tested positive because he used a contaminated catheter for his urine sample, Adams has lost virtually everything.

Quoted

"My message for Canadian athletes is, 'Give up, you can't win.' Right or wrong, the deck is stacked."

Wheelchair athlete Jeff Adams

His sponsors immediately cut ties to Adams, ending contracts that paid him a collective $120,000 per year. His wife, Kristine, left him, quitting her job as a Toronto police officer to return to her family home in New Orleans. His once-promising broadcast career seemed to be over before it began.

Adams charges his Charter rights have been infringed and that Canadian drug testing officials have steadfastly refused to follow guidelines established by the World Anti-Doping Association by allowing athletes to use their own catheters during drug testing.

Adams is suing the CCES for $6.4 million for negligence and abuse of power. His allegations have not been proven and the CCES declined to comment specifically on his case.

TORSTAR NEWS SERVICE

Wheelchair athlete Jeff Adams at his home in Toronto.

PAWEL DWULIT/TORSTAR NEWS SERVICE

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Murder investigation

Man shot, killed in soccer field

A 42-year-old man was shot dead in Weston on Tuesday night. Crews were called to the parking lot of a soccer field on Emmett Avenue near Jane and Eglinton West shortly before 10 p.m. Officials said a man was found with at least one gunshot wound and pronounced dead. As of 10:30 p.m., the entire park had been taped off and police were combing the area for evidence. This is the city's 29th homicide of the year, a day after two were shot dead on Danzig Avenue. **TORSTAR NEWS SERVICE**

Abuse allegations

Sex charges for ex-Big Brother

A 59-year-old man is charged with sexually abusing a boy in the early 1990s. Police allege the abuse began when the boy was 11, and the two knew each other through the Big Brothers of Peel. Douglas Mackenzie is charged with sexual assault, sexual interference and invitation to sexual touching.
TORSTAR NEWS SERVICE

First Nations gather in Toronto to elect new chief

Young people from Sixth First Nations in Manitoulin Island perform the grass, fancy and jingle dances on Tuesday during the opening ceremonies of the Assembly of First Nations Annual General Assembly in Toronto. An election is expected to take place on Wednesday to determine the 2012 AFN national chief.

MICHELLE SIU/THE CANADIAN PRESS

Steamy Toronto. Little relief in sight as heat wave, humidity peak

Tuesday came close to being the hottest day on record in Toronto, and air conditioners, as much as people, were feeling the heat.

Environment Canada meteorologist Geoff Coulson said the temperature was expected to peak at 37 C, making it the hottest July 17 ever. But the record for the warmest day is still Aug. 25, 1948, when the temperature recorded at Pearson airport was 38.3 C.

Of course, Tuesday felt closer to 45 C with the humidex factored in. The heat and humidity made for some sweaty and sometimes cranky Torontonians, who sought shelter in frigid havens such as coffee shops and restaurants.

For a person trudging through the oppressive air along Yonge Street, there were more than a few moments of relief, as some businesses kept their doors open, allowing the cool air to flow out.

At Hero Certified Burgers, cashier Jave Jeya said the owner preferred the open-door policy because "if people walking by feel the cool air, they might want to come in."

But Danny Harvey, a University of Toronto geography professor and climate change expert, warned that allowing the AC to blast air outside will simply "increase a business's energy requirements. It increases the need for dirty fossil fuel energy."

Instead, he suggested trying to cool the establishment down overnight with the air conditioner, and to use a fan during the day when customers are in the building, which Harvey said consumes far less energy. If the AC must be used, Harvey said doors and windows must be shut.
TORSTAR NEWS SERVICE

Shut that door

"The reason so many businesses still keep their doors open is because we're spoiled with cheap electricity. Businesses think that by allowing the cool air out, people walking on the street will be more tempted to come in."

Danny Harvey,
U of T climate-change expert

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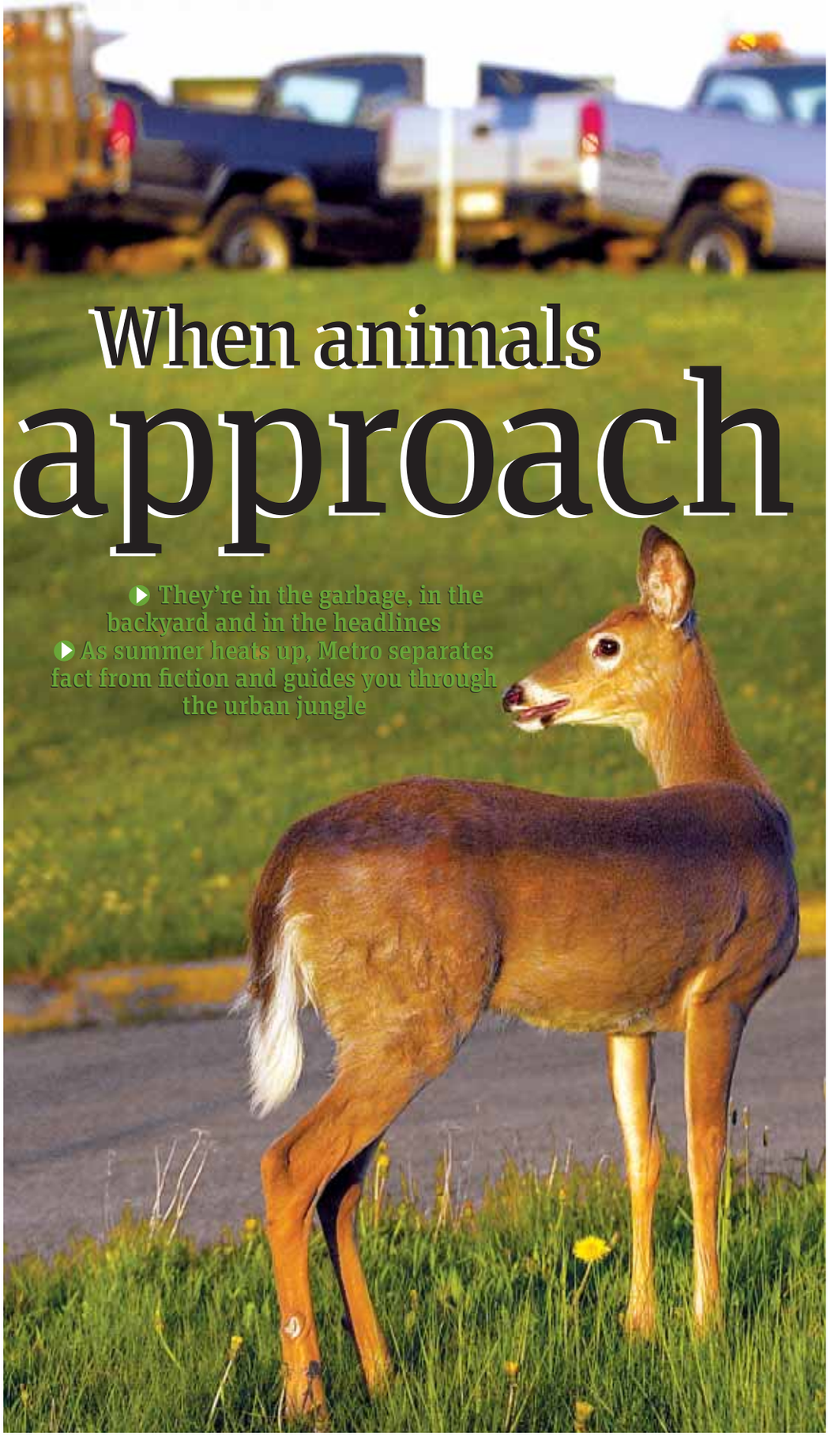

When animals approach

- They're in the garbage, in the backyard and in the headlines
- As summer heats up, Metro separates fact from fiction and guides you through the urban jungle

"There's a temptation to feed them because they're almost tame ... but if you do that you're habituating that animal — it just scored."
KEVIN STRANGE, CALGARY ZOO

JENNIFER TAPLIN
@METRONEWS.CA

Whether it's a deer smashing through a coffee shop window in Halifax or a black bear taking a snooze in a Kanata backyard, wildlife loves cities almost as much as commuters.

And this summer has seen myriad of tales of animal-human conflicts in Canadian cities, with the case of a Toronto man allegedly hitting a baby raccoon with a shovel drawing out both animal lovers and raccoon haters in protest.

But, despite the attention, are citizens really having more run-ins with critters?

"It's massively manmade this idea we're having more interactions … but there's no doubt we're encroaching on their territory," said Simon Gadbois, an animal behaviour researcher in Halifax.

Habitat encroachment and climate change play a role, but conflicts come in cycles depending on animal populations and their environment, he said.

These days, he said, people are more likely to report animal sightings after learning of a horrific event, such as recent bear attacks in B.C. and the 19-year-old Toronto woman who was killed by coyotes in Cape Breton, N.S., in 2009.

In the short term, growing cities mean a loss of habitat as animals creep into cities looking for food and shelter, but in the long term it means there will be fewer animals, said Kevin Strange, with the conservation outreach program at the Calgary Zoo.

"Cities and towns are almost always built on a water body, and in the west here they're always on a river and rivers are green highways (for animals)," he said.

"There are times when climate change can really make animals migrate."

Climate change can be good for some animals and bad for others. If there is a shortage of rabbits, for example, coyotes will range further into cities and find that cats make a good substitute, he said.

"Cats think (coyotes) are dogs and it's not until the last second they realize they're not dealing with the average dog," Gadbois said. "And some cat owners put those little bird bells around the necks of cats, which becomes like a lunch bell for the coyotes."

Experts believe the keys to making cities less attractive to wildlife is to take a serious look at waste management and get people to stop feeding creatures like deer and raccoons.

Gadbois said people need to realize wildlife is always going to hang around cities — it might not be ideal, but not as dangerous as people think.

"Hey, get over it," he said. "That's what it is to live in Canada."

No party animals here

When you have an uninvited, furry pest living in your house, throw a party.

Reesa Atnikov, a supervisor with the not-for-profit Wildlife Haven Rehabilitation Centre in Manitoba, said they take thousands of calls every year about wild animals like raccoons or skunks that have become a little too comfortable in an urban setting.

"We recommend bright lights, loud music and rags soaked in bleach. They don't like the smell, they don't like the lights and they don't like the loud music," she said.

But if you're in the backyard and Winnie and Yogi wander in to sniff out your garbage bin, the best plan is to call a conservation officer, said Kevin Strange with the Calgary Zoo.

"That's got to be a fairly threatening situation … and it may have a desire to protect the food source," he said.

JENNIFER TAPLIN

Israel. Netanyahu loses main coalition partner in feud over military draft

Israel plunged toward a political crisis Tuesday after the largest member of the government quit, leaving Prime Minister Benjamin Netanyahu in charge of a hard-line coalition opposed to most Mideast peace moves.

The moderate Kadima Party voted to pull out of the government just two months after joining. The move appeared to push the country closer to early elections, a scenario that would paralyze Mideast diplomacy for months.

Even if Netanyahu manages to hold the truncated coalition together, the sudden crisis has broader implications for Mideast peace, leaving him in charge of a narrow parliamentary majority dominated by religious and nationalist hardliners who oppose concessions to the Palestinians.

Kadima leader Shaul Mofaz had brought the party into the coalition to work with Netanyahu on ending a contentious, decades-old system that has granted draft exemptions to tens of thousands of ultra-Orthodox Jewish seminary students. But with a court-ordered Aug. 1 deadline looming, the sides were unable to forge a compromise.

"We made a real effort to push toward a new law that would change the balance of service," Mofaz, a former military chief of staff, told a news conference.

Mofaz said he tried to forge a "new social contract," but was presented with "red lines" that couldn't be crossed. "We are going back with our heads held high to lead the nation in the opposition," he declared.

THE ASSOCIATED PRESS

Widespread resentment

The draft exemptions have caused widespread resentment among Israel's secular majority, who are required to perform two to three years of compulsory service.

- Ultra-Orthodox leaders have been equally adamant in their refusal to compromise, claiming their young men serve through prayer and study.

Nasa Indians demand soldiers stay off their land

Nasa Indians drag off a soldier in Toribio, southern Colombia, Tuesday. Dozens of Indians attacked half a dozen soldiers guarding communication towers on the outskirts of the town. Indians have demanded that security forces and leftist rebels stay off their land.

WILLIAM FERNANDO MARTINEZ/THE ASSOCIATED PRESS

Guantanamo Bay

Judge won't budge on bombing trial

U.S. military judge Col. James Pohl presiding over the war crimes trial of a Guantanamo Bay prisoner who is charged in the deadly attack on the USS Cole rejected a motion Tuesday by defence attorneys that he remove himself from the case. THE ASSOCIATED PRESS

Syria

Troops battle rebels in Damascus

Intense clashes between Syrian rebels and government forces backed by helicopters spread to new areas of the capital Damascus Tuesday, including a brief firefight near Parliament.
THE ASSOCIATED PRESS

NATO troop supplies

Pakistan poised to sign deal with U.S.

The U.S. and Pakistan are close to signing an agreement regulating the flow of NATO troop supplies in and out of Afghanistan.
THE ASSOCIATED PRESS

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Mont Blanc 10-Day Tour
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Border agents outraged by bomb-threat claim

Ambassador Bridge closed. Firm that owns it implies anger over job cuts was to blame

Allegations that disgruntled Canadian border agents may have been behind a bogus bomb threat have outraged their union.

The bomb threat forced Canadian and U.S. authorities to close the Ambassador Bridge for several hours.

But the allegations are "baseless," union leaders said Tuesday.

The bomb threat, the second in recent days, was called in around 7:20 p.m. Monday to authorities on the U.S. side of the bridge that links Detroit with Windsor.

In a news release, the Detroit International Bridge Company, which owns the Ambassador Bridge, said it suspected the bomb threat had "something to do" with announced job cuts at Canada Border Services Agency.

"We cannot confirm, but suspect, that this has something to do with Canada's disinvestment at the border by cutting back on customs agents," said the statement.

Jason McMichael, vice-president of the Customs and Immigration Union, said he was outraged at the allegations.

"Certainly they were completely baseless, completely without merit and the members that I represent who work for the Canada Border Services Agency all across the country were insulted by them," he said from Ottawa.

THE CANADIAN PRESS

Suicide in Ottawa

Appeal court says no to ex-nurse

A Minnesota appeal court has upheld the conviction of a former U.S. nurse who gave a young Canadian woman and a British man instructions on how to kill themselves.

The woman was 18-year-old university student Nadia Kajouji, of Brampton, Ont., who jumped into a frozen Ottawa river in 2008.

William Melchert-Dinkel, 49, of Faribault, scanned online chat rooms for suicidal people, the evidence shows.

He has argued he merely exercised his right to free speech.

Melchert-Dinkel was convicted last year of two counts of aiding suicide. He was sentenced to more than six years in prison but the terms of his parole meant he would only be imprisoned for about a year.

THE ASSOCIATED PRESS

'Powder' in envelope

Magnotta mail sparks shutdown

An envelope addressed to murder suspect Luka Rocco Magnotta caused a major shutdown at a bustling Canada Post sorting centre in Montreal.

A union local official said police found a white powdery substance inside the envelope.

THE CANADIAN PRESS

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Trial begins in U.S. air force base sex scandal

Multiple counts. Six of the 12 instructors under investigation face charges ranging from rape to adultery

U.S. air force Staff Sgt. Luis A. Walker is seen on break during his court martial at Lackland Air Force Base, Monday, in Texas. He is facing 28 counts including rape and is one of 12 instructors under investigation. JERRY LARA/THE ASSOCIATED PRESS

A U.S. military jury Tuesday began hearing the case of an air force sergeant who faces the most serious charges in a widening sex scandal at the base where every American airman reports for basic training.

Staff Sgt. Luis Walker is among 12 instructors at Lackland Air Force Base in Texas who are being investigated, and faces the most serious charges — 28 counts, including rape, aggravated sexual contact and multiple counts of aggravated sexual assault. He could get up to life in prison and a dishonourable discharge if convicted.

Six of the 12 instructors under investigation face charges ranging from rape to adultery. At least 31 female trainees have been identified as victims.

The 10 female recruits Walker is accused of either sexually assaulting or engaging in inappropriate sexual conduct with are expected to testify.

Major Patricia Gruen told the military jury that Walker raped a trainee in a supply closet and sexually assaulted or inappropriately had sex with nine others whom he was training.

Major Naomi Dennis, one of Walker's attorneys, told jurors there is no evidence to substantiate the charges against Walker and suggested to jurors that the women may have made up the charges.

THE ASSOCIATED PRESS

Basic training

Lackland is where every American airman reports for basic training — about 35,000 a year.

- About one in five is female, pushed through eight weeks of basic training by a flight of instructors who are about 90 per cent male.

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An archive front page of Le Matin reading "Jews must wear the yellow star starting June 7."
REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

ADVERTISEMENT

You Could Be Overpaying for Your Car Insurance

Each insurance company has their own rates.

A friend recently compared car insurance rates with their neighbor and was shocked to find out that he was paying a lot more. Although this may seem unfair, the reality is that there are many factors taken into account when an insurance company determines its rates and where you live is only one factor.

The car you drive has an impact on your insurance rate. While you may not know which vehicle is more or less expensive to insure, there are a few points to consider. Each car is rated based on likelihood of a crash, injury and theft. Also, the car value plays a role, as the cost to repair or replace the car may be higher for a more expensive automobile. All of these features of your car will affect your insurance rate.

Your driving record has probably one of the biggest impacts on your rate. Good drivers get the best rates because they represent a lower risk of a claim. If you have a ticket or an at-fault car accident on your record, you will likely pay a higher rate than someone with a clean record.

Where you live and where you drive also affects your insurance premium. Your postal code impacts your rate based on accident statistics in that particular area as well as the likelihood of theft. And your commute distance will likely have an impact as well, as the more time you spend on the road, the odds of an accident increase.

Most of these factors are within your control; but one critical component of insurance rates charged is the insurance company's experience with similar profiles based on all the factors. And on top of this, each insurance company can rate the factors differently making it almost impossible to tell why a rate with one company could be thousands more than the exact same policy with another company.

This means that while one insurance company may charge more in your postal code or for the car you drive, another may charge less for one or both of these factors. With so many insurance companies in Ontario, chances are you may not be with the one that can offer you the best rate for your specific profile.

The only way to make sure you are getting

the best insurance rate is to check the costs with as many companies as possible. But who has the time to call or click with that many companies? One option to save time and money is to use a quoting site like InsuranceHotline.com, which will compare your rate against over 30 insurance companies.

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Chilling archives of Jewish deportations exhibited in France

Second World War. One of the worst periods in France's history, unknown to much of the younger generation, gets exposed

They are among France's darkest days: Police dragged more than 13,000 Jews from their homes, confined them in a Paris cycling stadium with little food or water, and then deported them to their deaths in the concentration camp at Auschwitz. But even in France, one of the most brazen collaborations between authorities and the Nazis during the Second World War is unknown to many in the younger generation.

Police are hoping to change that, opening up their archives on France's biggest single deportation of French Jews for the first time to the public on Thursday.

The often chilling records are being exhibited in the Paris Jewish district's city hall to coincide with the 70th anniversary of the two-day "Vel d'Hiv" roundup, named for the Velodrome d'Hiver, or Winter Velodrome. Many thousands were rounded up on July 16 and 17, 1942, then holed up in miserable conditions in the stadium, just a stone's throw from the Eiffel Tower, before being bused to the French camp at Drancy and then taken by train to Auschwitz.

France struggled for years to come to terms with the extent of its wartime collaboration with the Nazis, but over the decades officials have been showing greater willingness to acknowledge the shameful period in its history.

"This is our history, it's vital for the country to know," said curator Olivier Accarie. "Today, we are ready to confront this."

THE ASSOCIATED PRESS

Dark past

- Tallies list the daily count of men, women and children detained, alongside stark black and white photographs of deportees.
- A registry of those forced to wear the yellow star and a Jewish census show how police knew who to take.
- Meticulous handwritten lists detail personal possessions handed over to police. Others list the value of property, such as jewelry, confiscated — often forcibly — during the deportation.

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A day to honour Nelson Mandela

Icon. While Mandela stays out of the spotlight, he is celebrated in his nation on his birthday through community service

Former U.S. president Bill Clinton and his daughter Chelsea visited Nelson Mandela in his home village in South Africa on Tuesday, the eve of the anti-apartheid icon's 94th birthday.

Mandela, increasingly frail, no longer appears in public. Clinton visited his homestead in Qunu, the southeastern village of his birth, and spent more than 90 minutes there. He declined to speak with reporters afterward.

Photographs tweeted by a member of Mandela's family showed him comfortably seated in an armchair with a blanket over his knees and flanked by the Clintons and his wife, Graca Machel.

Earlier, Clinton toured the village and visited a museum display dedicated to Mandela's life as a towering figure in his nation's history that included a display of children's art honouring him. The Clintons and Machel each planted an avocado tree, an African symbol of growth and sustenance.

A giant mosaic portrait of former South African president Nelson Mandela. THE ASSOCIATED PRESS

On Wednesday, South Africa and supporters around the world celebrate Nelson Mandela International Day. Millions dedicate 67 minutes of the day to community work and projects for the needy to mark Mandela's 67 years in active politics.

Volunteers are building 67 homes for people in shanties and schoolchildren across South Africa will celebrate him by singing Happy Birthday. A tattoo parlour is looking to make its permanent mark — by tattooing 67 people with an image of Mandela.

In Pretoria, the tattoo parlour will donate the proceeds from its clients to charity.

On Constitution Hill in Johannesburg, South Africa's commercial capital, local artist James Delaney has created an artwork mosaic of Mandela using coffee cups. Other activities will include book collections, sanitary pad distribution to impoverished women and community clean-ups of schools, hospitals and clinics and other public facilities.

Hairdressers in Johannesburg have even volunteered to do the hair of underprivileged children as a special Mandela birthday treat on Wednesday.

South African President Jacob Zuma recalled Feb. 11, 1990, when Mandela walked free from 27 years in apartheid-era jails for his political activism.

"That was the day South Africa changed," he said.

THE ASSOCIATED PRESS

On-the-road record

Clinton travels to most countries

Since becoming secretary of state in 2009, Hillary Rodham Clinton has logged 351 days on the road, travelled to a record 102 countries and flown a whopping 1,357,964 kilometres, according to the State Department.
THE ASSOCIATED PRESS

Aung San Suu Kyi

Opposition leader heading to U.S.

Myanmar opposition leader Aung San Suu Kyi said Tuesday she will accept an award in the United States in September, making her first U.S. trip in at least two decades. THE ASSOCIATED PRESS

At least 11 shot

Shooter targeted person in bar?

U.S. police say a gunman who fired into a crowded Alabama bar with a military-style assault weapon and hit at least 11 people was targeting someone.
THE ASSOCIATED PRESS

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Did she diss his kiss? White House says no

This photo combination shows a sequence of U.S. President Barack Obama kissing Michelle Obama on Monday at the Verizon Center in Washington, D.C., while being shown on the arena's Kiss Cam video screen. They were there to watch an Olympic men's exhibition basketball game between Team USA and Brazil. ALEX BRANDON/THE ASSOCIATED PRESS

The White House insists that the missing kiss was no rejection.

Sure, U.S. President Barack Obama planted one on Michelle Obama during Monday night's exhibition game by the U.S. Olympic men's basketball team. But that was their second appearance on the Verizon Center arena's Kiss Cam.

The camera focuses on couples in the crowd and they are expected to kiss.

The first time the Obamas' images flashed on the overhead scoreboard, Mrs. Obama was seen shaking her head "no."

However, deputy press secretary Josh Earnest said Tuesday this was not a marital brushoff. He said the couple didn't realize it was the Kiss Cam watching them; they only found this out after, during halftime, when their daughters asked why they had ducked the chance to smooch.

The president got his do-over later in the game when the Kiss Cam again swung his way. This time, he gave Mrs. Obama a big kiss on the lips, and added a peck on the forehead for good measure. The crowd roared.

"This incident was the subject of some high-level conversations on the helicopter en route to Andrews Air Force Base this morning," said Earnest, briefing reporters aboard Air Force One en route to a day of politicking in Texas.

"I can tell you based on a very good source that reports that the president was rebuffed are false," Earnest said.

THE ASSOCIATED PRESS

Quoted

"I can tell you based on a very good source that reports that the president was rebuffed are false."

White House deputy press secretary Josh Earnest

Back to the wild

Marine mammal experts release Jasmine, a female manatee, on Tuesday in Florida Bay at Islamorada, Fla. The manatee was rescued in March off the Florida Keys after it suffered a collision with a boat. It was treated at the Miami Seaquarium, where it made a full recovery.

ANDY NEWMAN/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

U.S. election

Romney stays firm on tax returns

Mitt Romney remained defiant Tuesday in the face of relentless pressure to release more of his tax returns, while his campaign dropped further hints the presumptive Republican nominee will soon unveil the identity of his running mate. THE CANADIAN PRESS

Greenland

Giant iceberg breaks off glacier

An iceberg twice the size of Manhattan tore off one of Greenland's largest glaciers. Scientists were watching a crack in a floating ice shelf, and now say it has fully broken. THE ASSOCIATED PRESS

Asylum seeker

Chinese dissident to write memoir

Blind Chinese dissident Chen Guangcheng, who in April sought refuge in the U.S. embassy in Beijing, will have a memoir coming out in fall 2013.

THE ASSOCIATED PRESS

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Credit card costs to go up?

Extra fees. Canadian retailers currently absorbing transaction charges when customers use their Visa or MasterCard

Canadian shoppers who use credit cards may soon find themselves slapped with extra fees, if retailers win a fight against being stuck with transaction charges from Visa and MasterCard.

Retail organizations renewed their calls Tuesday for Ottawa to loosen credit card regulations following a landmark ruling south of the border that could have implications for a case that will be decided by a federal tribunal later this year.

Last week, a landmark settlement in the United States between Visa, MasterCard and merchants thrust the debate back into the spotlight in Canada.

The two credit card companies, as well as several major banks, reached an agreement to pay U.S. retailers at least $6 billion US to settle a long-running lawsuit that alleged the card issuers conspired to fix the fees that stores pay to accept credit cards.

The Canadian Federation of Independent Business (CFIB), which has more than 100,000 member businesses across Canada, is calling for changes to the federally regulated code of conduct that would allow retailers more rights, including the ability to make credit card users pay a surcharge or refuse credit cards at their stores.

Currently Visa and MasterCard rules state that merchants cannot levy any surcharges on credit card users, forcing retailers to absorb the cost of usage themselves.

THE CANADIAN PRESS

Big pharma vs. little mice

Michel Vandenbosch, head of the animal-rights group Gaia, displays some fake mice as he stages a protest in front of a local branch of the international pharmaceutical company Ipsen, in Merelbeke, Belgium, on Tuesday. Protesters are demanding that Ipsen stop using mice for testing its Botox brand. YVES LOGGHE/THE ASSOCIATED PRESS

Borrowing benchmark

BoC maintains low interest rate

Low borrowing costs will remain for a while longer after the Bank of Canada moved Tuesday to keep interest rates low. As expected, the bank kept its benchmark policy setting at one per cent until at least the next policy meeting in September, but tellingly also maintained its bias toward tightening monetary policy in the future.

THE CANADIAN PRESS

Market Minute

DOLLAR 98.76¢ US (+0.21¢)

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SPAM — ONE OF THE WORLD'S WONDERS

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Let the bells ring out! Let the banners fly!

It's the 75th anniversary of Spam, the canned lunch meat that tastes like dog food. (Quickly, lest the Hormel people get offended, we're talking high-quality dog food.)

Back in the dietary Dark Ages, I literally grew up on the stuff and its legion of imitators (Spork, etc.). The gelatinous goop that came with it made me gag, but vapourized nicely when the Spam was fried, and fried Spam and fried eggs with fried potatoes was a common staple, along with anything else that could be fried.

Too often around our house, it resembled that legendary Monty Python sketch set at the Green Midget Café, where all the dishes came with Spam (e.g. Spam, Spam, Spam, Spam, egg and Spam), prompting an outraged customer to ask: "Don't you have anything without Spam in it?" while a band of Vikings belted out a rousing chorus of "Spam! Spam! Spam! Wonderful Spam!"

Not sure how the Vikings ended up in a sketch about Spam.... Oh, those Monty Python guys.

If you have a tender tummy, you might want to skip over this next bit. Spam now comes in 13 varieties, including jalapeno, cheese, hickory smoke, and for a limited time (to celebrate the Broadway opening of Spamalot), golden honey grail and stinky French garlic.

Made from ...

"Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham."

Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham. It was launched to a hungry, Depression-rattled nation on July 5, 1937, and since then more cans of Spam have been sold than there are people on Earth. That's a lot, more than seven billion and counting. If you slice it thin, you can feed a horde of Vikings on a single can, which retails for an average price of $2.97. Just add Kraft Dinner, spread ketchup over the whole thing and bon appétit!

While fastidious vegan locavores may turn up their noses, people in Guam can't get enough Spam, consuming more than 16 cans per person per year, according to that estimable journal of record, Time magazine. Sadly, 60 per cent of deaths in Guam are directly attributable to poor diet and lifestyle. Score one for fastidious vegan locavores.

For those who can't get enough of this stuff, there's the annual Spam Jam in Honolulu, another Spam hot spot. The 10th annual edition was held on April 28, where aficionados chowed down on Spam-fried rice loco moco or Spam nachos at Jimmy Buffett's.

Hey, it's a lifestyle. Just not a long one.

Spam, the often-maligned classic canned lunch meat, supports frugal grocery budgets. DAVID MCNEW/GETTY IMAGES

Come on, just grin and bear it

STEVE MORGAN/GREENPEACE

Environment campaign

'Polar bear' arrest at U.K. gas station

This "polar bear" activist got a frosty reception from police after Greenpeace targeted Shell gas stations in Edinburgh (pictured) and London.

Campaigners believe the Arctic ecosystem is being threatened by oil exploration. Greenpeace said it used an emergency shut-off switch to stop gas to the pumps at one station in Scotland.

METRO

One side says ...

"An oil spill in the Arctic would be catastrophic for wildlife such as walruses and whales. The Arctic must be saved, and made a global sanctuary where oil drilling is banned."
Sara Ayech, climate and oil campaigner at Greenpeace

The other side says ...

"Shell recognizes that certain organizations are opposed to our exploration program Offshore Alaska and we respect the right of individuals and organizations to engage in a free and frank exchange of views about our operations."
Spokesperson for Shell

Arctic's arsenal

- **Hunting for oil.** Shell is due to begin drilling at two offshore sites in the Alaskan Arctic in the coming weeks. Russian oil giant Gazprom is also venturing into the Arctic this year.
- **Untapped resources.** The Arctic holds 13 per cent of Earth's undiscovered oil reserves and 30 per cent of its undiscovered natural gas, the U.S. Geological Survey says.

Metropolitan Panel

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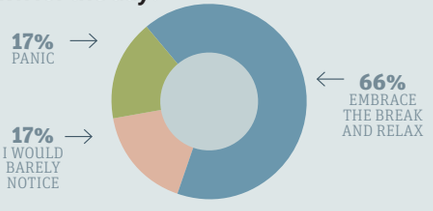
What would you do if your Internet went down for the day?



Twitter

@NithuVj: Have a speedy recovery please @joeybats19 please? We can't have any more players getting injured ?#jays?

@TorontoVibeLife: Please witnesses stand up for the right #EndThisViolence #danzigshooting

@EdArsenault: "It's Scarborough, what can ya do?" -- saddest quote about the #danzigshooting Ive heard all day. Surely there is something that can be done

@ConcretRoses: We need to take a stand on gun violence! Shooting at innocent children and people at a community BBQ is the opposite of 'gangsta'.?#nohonor?

@richellempa: Out of all the days that I decided to tan, it's the hottest day of the summer.

metro

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Bane is back, recast, reimagined and finally living up to all the hype. HANDOUT/WARNER BROTHERS

The best and worst of Batman

Dark Knight on the rise. It hasn't always been box office brilliance as Metro looks at the Caped Crusader's past

IN FOCUS
Richard Crouse
scene@metronews.ca

Sometimes even villains get a second chance. The Dark Knight Rises, the last entry in Christopher Nolan's epic Batman trilogy, digs deep into Caped Crusader lore to reintroduce brawny bad guy Bane.

The abnormally strong antihero first appeared in the comics in 1993 but after a ridiculous appearance in Batman & Robin earned the title as the worst onscreen Batman baddie. As a scrawny convict pumped up by a drug known as Venom, he did little except growl and act as the punch line for a bad joke by his creator Dr. Jason Woodrue. "I call this little number Bane," he says. "Bane of humanity!"

The movie killed the Batman franchise for seven years, and it looked like Bane, played by wrestler Jeep Swenson — Holy haberdashery, Batman who chose his bad lucha libre mask? — would also be relegated to the big scoundrel cemetery in the Sky.

Ivy proved to be onscreen poison. HANDOUT/WARNER BROTHERS

Then Nolan cast Tom Hardy, got rid of the ridiculous mask and gave the brute a second chance. So Bane is back and super-evil, but how do other Batman big-screen baddies stack up on the Bat-scale of finest to vilest?

The Bat's Best

Cesar Romero and Jack Nicholson both played The Joker, Batman's arch nemesis, but Heath Ledger's Oscar-winning take on the psychotic clown in The Dark Knight is the most menacingly memorable.

Burgess Meredith made The Penguin's trademark squawking voice popular, but it was Danny DeVito in Batman Returns who really showed what a megalomaniacal monster he really was.

"You're just jealous because I'm a genuine freak and you have to wear a mask," he said. Batman has battled plenty of female foes but feline fiend Catwoman is the pick of the litter. Whether it's Lee Meriwether meowing, "You're going to see the purr-fect crime, when I get Batman in my claws," or Michelle Pfeiffer wielding a 12-foot bullwhip, the creepy kitty is fun enough for nine lifetimes.

The Joker became nothing more than a bad joke over time. HANDOUT/ABC

The Winged-One's Worst:

Too many one-liners from Two-Face in Batman Forever left critics unable to turn the other cheek after Tommy Lee Jones's over-the-top performance.

As played by Uma Thurman in Batman & Robin botanist-turned-eco-terrorist Poison Ivy proved that not even Mother Nature gets it right every time.

If for no other reason than the joke "Ice to see you!" Batman & Robin's cold-blooded killer Mr. Freeze (Arnold Schwarzenegger) makes the worst-of list. The Governator should've been sent to the cooler for his line-readings in this one.

On the web

Who was the best Batman and what did Anne Hathaway do to prepare for her role as Catwoman? Metro delved into the world of the Caped Crusader to mark the release of The Dark Knight Rises, in theatres next week. Scan this code or visit metronews.ca/features/the-dark-knight-rises.

2

SCENE

Scene in brief

Simpsons coming to Springfield?

A businessman in Springfield, Ore., says it's time for the city to embrace its most famous fictional residents and create a shopping district with a Simpsons theme. Jack Koehler owns Sweety's Frozen Yogurt, and he says business has been up since he put a set of Simpson statues in front of his store. He thinks the city should get involved, and he's proposing that a few blocks of downtown Springfield be turned into a Simpsons-themed shopping district. The city's community relations manager, Niel Laudati, tells KVAL there's no demand from the public, and he doubts anyone wants to spend tax dollars to license cartoon characters.
THE ASSOCIATED PRESS

On the web

Post-divorce, hope grows for a renewed film career for Katie Holmes

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Sceneopolis

DanCap going into final shows

JONATHAN NAYMARK
scene@metronews.ca

As has been widely reported, Toronto theatre production company DanCap Productions, best known for bringing popular Broadway musicals to Toronto's finest stages, has announced that they will cease operations after their current season.

While DanCap scored national success with their revival of Jersey Boys, the company is probably best known for their roster of family friendly offerings; it is therefore fitting that Beauty and the Beast, the 1997 Broadway musical based on the Disney animated movie of the same name, is one of the final DanCap productions.

Like the movie, the musical Beauty and the Beast is a rousing version of the well-known fairy tale of a small town girl named Belle who, in spite of his outer appearance, falls in love with a beast. This is the first Toronto staging of the acclaimed musical. Beauty and the Beast is on stage at the Toronto Centre for the Performing Arts until July 22.

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Directed by Mike Clattenburg, Moving Day harkens back to his previous work on The Trailer Park Boys. HANDOUT

Moving Day finds itself dreaming big

Comedy. Gabrielle Miller talks to Metro about the drunken, loveable cast of oddball characters from her new film

LIZ BROWN
liz.brown@metronews.ca

Gabrielle Miller knows how to keep the boys in check.

After all, she grew up with brothers, is busy raising her five-year-old son and, now, in her latest role, wrangles a quartet of furniture movers with a laundry list of vices — from drinking, to criminal records and anger management issues.

In Moving Day, she plays Linda, an executive assistant at a small furniture moving business — Redmond's — who has her sights set on running the company.

"Redmond's is a little bit like a family and if you're working with those boys every day, you're going to have to have a bit of a tough side. It's hilarious because she's also a pretty sweet character," she says of Linda, who at one point is pushed to drop an F-bomb on the guys.

The film, from director Mike Clattenburg, has all the sensibilities of his most famous creation — The Trailer Park Boys.

It's the story of a few down-on-their-luck movers just trying to muddle their way through life and fulfill their dreams — whether that's getting a job for the city (you start at $16 an hour — but you have to know someone!), becoming a rock star, or wooing all the ladies in town.

Through the lowbrow humour he creates a cast of loveable characters that stumble (sometimes drunkenly) their way through a heartwarming story.

"It's such an incredible gift that he has," gushes Miller. "All of the characters are flawed and tough and they're just trying to get through the day. They're really well developed characters, they all have dreams and are just trying to make things work."

For Miller's character Linda, that means growing her "career" and taking the reins at Redmond's. Those types of dreams are something Miller can relate to.

"I grew up in a really big family. We didn't have a lot of money, so dreams were important. I worked my butt off — I had so many jobs before I started acting — a house cleaning business, I worked at a gas station…"

"Dreams are important and that's a big part of the film."

Working woman

Taking some time off

- **Busy life.** After spending some time at home to raise her son, Miller's career is back in full swing, with Moving Day and earlier this year, Sisters & Brothers. "I'm so grateful I was able to take time off to be there for my son," she says. "I was coming off six years of being on Corner Gas and I was tired. I really just needed to nurture myself and my son and have the time to get re-inspired and that's what happened. I'm excited again about working and taking on new roles."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Silverman saving Obama through sexual favours?

THE WORD
Monica Weymouth
scene@metronews.ca

Plenty of celebrities are hosting fundraising events for the Obama campaign, from Sarah Jessica Parker's swanky A-list party at her New York City apartment to Gwen Stefani's upcoming family picnic in Los Angeles. But only Sarah Silverman has offered sexual favours in exchange for campaign contributions.

In a short video titled An Indecent Proposal, Silverman — in her trademark cereal-stained hoodie and last-night's ponytail — attempts to persuade billionaire casino magnate Sheldon Adelson to cancel his $100 million check to Mitt Romney.

"If you give that $100 million to Obama instead of Romney, I will — well, I won't have sex with you because we're not married and I'm a nice girl, but I will 'scissor' you wearing a bikini bottom through to fruition," she says.

"You'll be the only elderly billionaire on the block to have traditional lesbian sex through to climax with a girl who had her own show on Comedy Central."

Like all Sarah Silverman skits, it's probably funny if you can keep your eyes open — but we're not risking it.

Katie Holmes in another car accident

Katie Holmes.
ALL IMAGES GETTY PHOTOS

Katie Holmes may be enjoying her new life as a single mom in New York City, but it has been a bit more unpleasant for her chauffeur.

For the second time in a week, Holmes' car was involved in a fender-bender, with the latest incident leaving a huge dent near the car's tail.

Holmes and daughter Suri were leaving Suri's gymnastics class when their chauffeured Mercedes was struck by a recycling truck near 33rd Street and Sixth Avenue, according to E! News.

No one was injured and a police report was filed once Holmes and daughter were home. A few days earlier, a paparazzi vehicle hit the Mercedes while it was taking them home from a toy store.

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Miley Cyrus

Miley Cyrus' brother taken to hospital

Miley Cyrus' younger brother, Braison Cyrus, was rushed to the hospital when he started spitting up blood because of complications from a surgery.

"I got my tonsils out last week," Braison explained to his fans via Twitter. "Not sure what happened exactly but long story short my artery opened and I was (bleeding) a lot. All good now."

Quote

"Long story short my artery opened and I was (bleeding) alot." Braison Cyrus

Braison's dad, Billy Ray Cyrus, thanked the hospital staff for helping — but not for posting a gruesome photo of his son sitting up in his hospital bed holding a bloody bucket.

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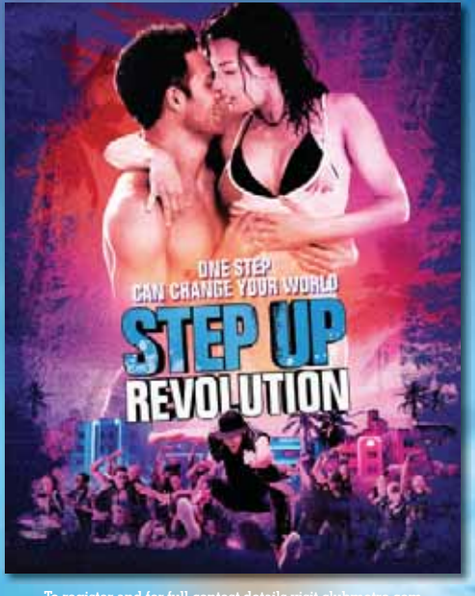

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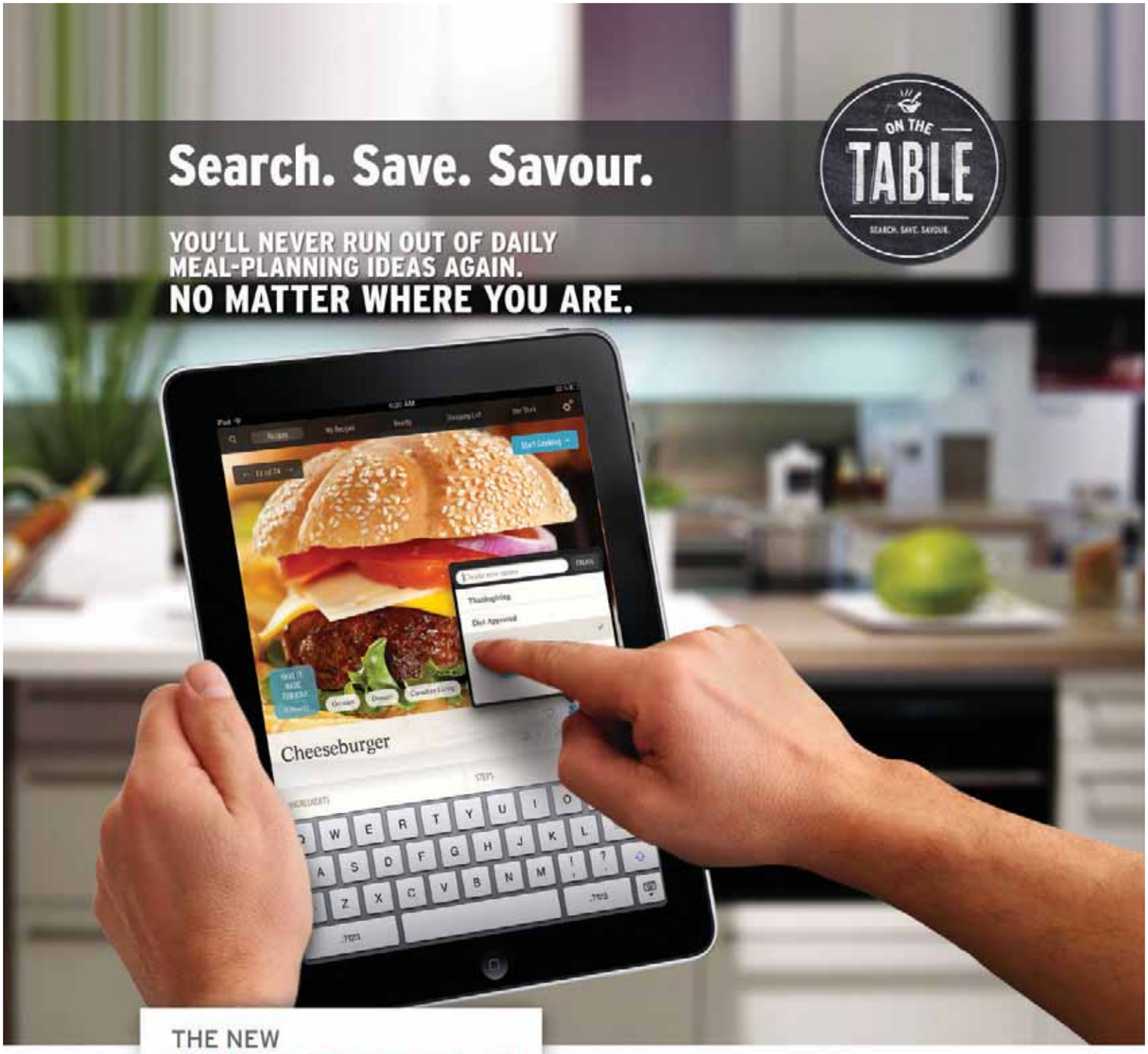
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Hudson River Park: A destination for recreation

Urban oasis. A group of dedicated New Yorkers have turned a once-derelict patch of Manhattan into a place for outdoor fun

In the past decade, the decrepit piers and industrial zones along eight kilometres of the Hudson River on Manhattan's West Side have been utterly transformed.

Hudson River Park is now a destination that gets 17 million visits annually, with a bike path, green spaces, playgrounds and recreation ranging from mini-golf and skateboarding to kayaking and even stand-up paddleboarding. Melissa Lopez rented a bike a few weeks ago and was amazed at what she saw as she rode downtown through the park.

"It was gorgeous, like a little nature haven, beautiful flowers, trees, and only when you looked over to your left (at the buildings), did you realize you were in between a concrete jungle and this beautiful river," said Lopez, 29, who came in from her home in suburban Westchester for the day. "Everyone was doing something active — sunbathing, rollerblading, bike riding. There was one pier with a volleyball court with sand. I kept asking my boyfriend, 'Are we really in New York City?'"

Lopez's reaction is proof of just how much things have changed along the river. For much of New York City's history, "the waterfront was where the industrial areas were," said Madelyn Wils, president and CEO of the Hudson River Park Trust. "Then in the 1960s, the port business went away and the waterfront areas became so derelict they were an embarrassment. If you saw pictures of what this looked like even 10 years ago, you'd say, 'How could anyone let that happen?'"

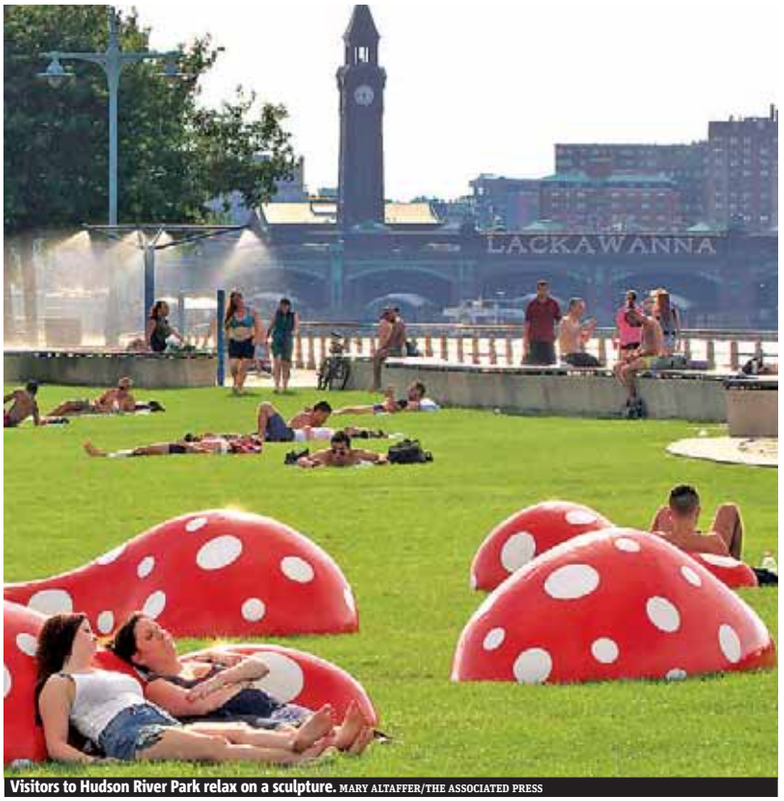
Looking at the ribbon of spotless walkways, plantings and creative play areas along the river today between Battery Park City in Lower Manhattan and 59th Street, it's hard to imagine what Wils is describing.

But when she and other New Yorkers began working to create the park in the late 1990s, one of her goals as a mother of three living in Lower Manhattan was simply to make more places where kids could play. In 1998, the city and state provided land for the park, and construction began in 2001.

Last year's opening of Pier 25 in Tribeca, now one of the park's most popular areas with mini-golf and volleyball, was a crowning achievement.

There are still small sections along the water awaiting redevelopment — a pound for towed cars, a facility for Sanitation Department trucks — but the walkways and bike path are uninterrupted. (Wils says the park has "more bikes on the bike paths than anywhere else in the country — 6 million a year.") Between playgrounds, lawns, sports facilities, boating options and other amenities, the park's attractions number in the dozens.

"There are so many different boating opportunities in the park now," said Nancy Brous, metropolitan region director for the Hudson River Watertrail. Many of the programs are run by volunteers to educate New Yorkers who may never have been in a kayak or out on the river before, Brous said, but the walk-up kayaking programs also get "a lot of out-of-town visitors. This is something that's really going to be driving the tourist trade as time goes on and more people seek it out."



Visitors to Hudson River Park relax on a sculpture. MARY ALTAFFER/THE ASSOCIATED PRESS

Another aspect of the recreational boating programs is teaching the public about the river. It's a tidal estuary, so the currents are strong, and the water can be murky as the tidal flow stirs up silt. "It's not crystal clear and you can't see that deep into it, but it's not pollution," Brous said. "People are very surprised when they learn about the water quality. Just by the birds you can tell it's clean — they're out there and they're catching fish."

Hudson River Park is also home to historic vessels that can be toured; public art like the AIDS memorial at 11th Street; yoga and other fitness programs; concerts, walks and talks, including a Sunday morning nature tour where participants learn about the park's 85 species of birds. Little wonder the park has started turning up in travel guides to New York City as an option for visitors looking for something to do besides shopping, theatre and museums.

THE ASSOCIATED PRESS

If you go...

- **Hudson River Park.** Battery Park City to 59th Street. Walkway, bike path, playgrounds, sports, boating. Detailed information on activities and calendar of events including fitness classes and concerts, hudsonriverpark.org.

3 LIFE

Travel in brief

New Yorkers embracing ferry life

More than one million passengers have ridden ferries across the East River since the service was launched just over one year ago, New York City Mayor Michael Bloomberg said Monday. That's more than double in initial projection of 409,000 riders, Bloomberg said as he and City Council Speaker Christine Quinn rode the ferry from North Williamsburg in Brooklyn to Pier 11 in lower Manhattan to mark the milestone. The ferries, which make it fast and easy to reach waterfront businesses, parks and other locations, are popular with tourists as well as locals.

THE ASSOCIATED PRESS

On the web

Everything old is new again: Rodin Museum in Philly is reopening with the same look as in 1929

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Escape the city — and your iPhone and BlackBerry — in the Adirondacks, where all you'll need is a canoe for peace of mind. Here's our top four things to do.

AMBER RAY, METRO WORLD NEWS
travel@metro.lu

4

To-dos in the mountains of New York

It's increasingly difficult to truly "get away from it all," but one of Northeast America's most popular destinations still offers a real escape from your busy life back home.

New York's Adirondack Park is the largest wilderness area east of the Mississippi. (That's approximately 6.1 million acres where you have the potential to receive absolutely no cell phone service.) Outdoor adventure is the draw here; centering your trip around the High Peaks region, home to the village of Lake Placid, provides the opportunity to climb the state's tallest mountains, wade in world-class fly-fishing waters, and learn to paddle board, all in the same weekend. Because when you're negotiating a pitch or landing a brook trout, the last thing on your mind will be the week's sales reports.

Hiking and climbing

The Adirondack Mountain Club's High Peaks Information Center at Heart Lake (1002 Adirondack Loj Road, Lake Placid; 518-523-3441), is home base for some of the area's most popular trail heads — from short, easy hikes with big views (Mt. Jo) to classic slide climbs (Trap Dyke) to day-long excursions that culminate in standing atop New York State.

Fishing

Renowned for its rugged beauty and optimum conditions for a high trout population, the West Branch of the Ausable River is one of the most prized waterways among fly fishermen.

Welcome to the great outdoors! METRO WORLD NEWS

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Johannesburg	$799	
Travel Sep 24 – Oct 6/kl		+ taxes & fees $678

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Stratford Family Special, 2 Nights $125◊
Best Western The Parlour Historic Inn & Suites taxes & fees included
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Muskoka Family Special
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The Rosseau J W Marriott Resort and Spa taxes & fees included
INCLUDES Lake Rousseau accom over Civic Long Weekend. Price per person based on family of 4. Travel Aug 3/ggv.

Vancouver Air + 3 Nights $479
Inn at False Creek + taxes & fees $228
INCLUDES central accom. Departs Sep 6/ggv/wg.

Las Vegas on Sale

Las Vegas Air + 4 Nights $165
Imperial Palace + taxes & fees $309
INCLUDES accom on the Strip. Departs Aug 26/swg/wg.

Las Vegas Air + 4 Nights 5-Star $285
Mandalay Bay + taxes & fees $309
INCLUDES accom on the Strip. Departs Aug 26/swg/wg.

Las Vegas
Air + 5 Nights + 3-Day Tour $619
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Vacations

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Stand atop New York State in the Adirondack Mountains. METRO WORLD NEWS

Where to stay: Golden Arrow Lakeside Resort

Seeking adventure doesn't require roughing it. Golden Arrow Lakeside Resort is a lovely, comfortable hotel located directly on Mirror Lake — swimming and paddle sports are inherently part of the deal here. Splurge for a waterfront room, where waking to views of the lake and Whiteface Mountain are inspiration for your day's Adirondacks excursion.

Need a little help planning your outdoors activity? The hotel has teamed with EMS to offer adventure packages. (2559 Main St., Lake Placid; 518-523-3353. Regular room rates start at $159.)

Splurge for a waterfront room at the Golden Arrow Lakeside Resort. HANDOUT

The Saint Regis Canoe Area has a no motors rule. METRO WORLD NEWS

Paddle sports

The Saint Regis Canoe Area, northwest of Lake Placid, covers 18,400 acres of wilderness waterways designated for canoe and kayak use — no motors allowed. For rentals, guide services or just tips on trip planning, St. Regis Canoe Outfitters has locations in Saranac Lake (73 Dorsey St.; 518-891-1838) and at the edge of the St. Regis Wilderness (Floodwood Road at Long Pond Portage, Lake Clear; 518-891-8040).

Pro tips

Get to know the High Peaks region with a local guide. The Eastern Mountain Sports location on Main Street in Lake Placid is not only conveniently located, it's staffed by outdoors-loving professionals who can lead you to the right shoes for your High Peaks climb and actually guide you up that back country rock face you've been dreaming of tackling. EMS guides at this location offer instruction in rock climbing, kayaking, stand-up paddleboarding and more.

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Too many croissants? Here's how to burn off calories while seeing the sights in Paris

Lace up your running shoes to get a dash of French culture. LIZ BROWN/METRO

LIZ BROWN
life@metronews.ca

Paris — the City of Light — is also the city of anything but light fare.

After days of dining my way through one of the greatest gastronomic destinations in the world and doing nothing but strolling through boutiques to burn off my decadent indulgences, I laced up my running shoes with the memories of croissants, cassoulet and confit de canard pushing at my waistband.

This is the route I followed, a run I suggest to others visiting Paris. It's a touch sportif with a dash of French culture.

1 Avenue de l'Opera

Set off with the shopping mecca Galleries Lafayette at your back, the perfect place to shop for high-end fashion or quaff a flute of champagne at one of the mini-cafés positioned throughout the department store. Run past the gilded Opera (where Gaston Leroux set the Phantom of the Opera) and down the Avenue de l'Opera.

ASW909/FLICKR

3 Place de la Concorde

Down the Avenue de l'Opera can be a treacherous run, so keep your head up as you navigate the hordes of meandering pedestrians out for a promenade and the numerous sidewalk bistros where garçons balance carafes of wine on trays held above their heads.

At the Rue des Pyramides, turn right and you'll soon stumble upon the Jardin des Tuileries, a runner's haven in the middle of the city and one of the city's most visited gardens, wedged between the Louvre and the Place de la Concorde.

DIERKSCHAEFER/FLICKR

2 The Louvre

Slip through the Tuileries' gates and turn right, following the gritty gravel path populated by other runners. Run the length of the garden and round the corner for a full view of the Place de la Concorde, the site of Louis XVI and Marie Antoinette's executions by guillotine in 1793. Straight ahead, in the distance, you'll catch your first glimpse of the Eiffel Tower. Follow the track as it bends left, head down the steps and then up again, where you'll spot the Louvre.

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4 Musée d'Orsay

At the end of the tree-lined path, turn right on Avenue du Gal Lemonnier and cross the Seine at the Pont Royal. Round the corner onto Quai d'Orsay and pass the Musée d'Orsay — home to works by Monet, Gauguin, Renoir and Van Gogh.

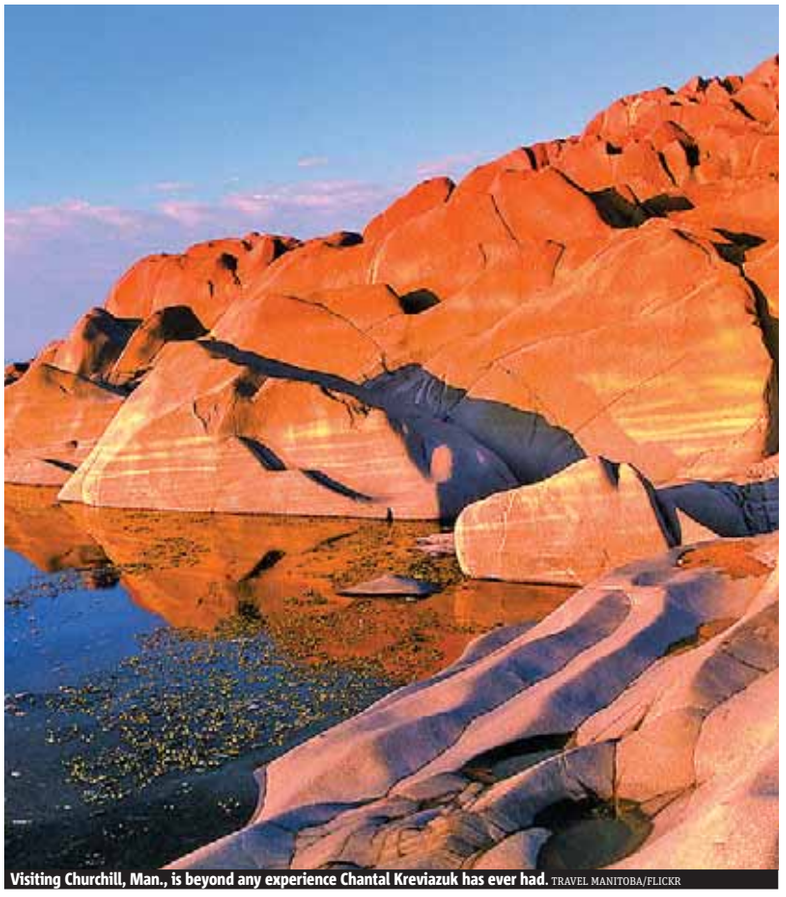
LIZ BROWN/METRO

5 The Eiffel Tower

Stay the course along the Seine, along the Quai D'Orsay as it bends into Quai Branly, and you'll soon see the top of the Eiffel Tower poking between the roofs of Parisian apartments.

Soon the crowds will thicken once again and you'll most likely be forced to walk. You might want to, though, as the Eiffel Tower rises above you. At Pont D'Iena is a little creperie booth. If you're like me, you'll probably have realized at this point some sights — and cities — are better enjoyed at a more leisurely pace. Order the Nutella et banane crepe. I did.

TERRAZZO/FLICKR



Visiting Churchill, Man., is beyond any experience Chantal Kreviazuk has ever had. TRAVEL MANITOBA/FLICKR

Churchill offers true solace for Chantal Kreviazuk

Reconnecting. Singer-songwriter loves taking time to unwind in the land of polar bears and dogsled runs

My favourite Canadian spot is Churchill, Man. I have been going there for years, for all sorts of reasons — ranging from personal trips, to program awareness building for Polar Bear International.

I have also gone to the region for a discovery voyage regarding my ancestors who used to run the land up at York Factory, the very origin of The Trade.

It is an adventure in the summer — you must have a rifle nearby, the polar bears roam about ... the belugas are feeding in the bay, it is beyond magical.

Chantal Kreviazuk HANDOUT

This remote place offers true solace ... I find myself totally offline, and reconnected — to nature and humans ... everyone up there seems to be there for the same reasons ... it's the ultimate escape into "like-minds" or parallel intentions. Especially in Churchill in the winter, when it can get brutally cold, I feel like it's a true bonding experience with the other people up there.

The food is unexpectedly sophisticated and delicious, perhaps to completely blow away the common tourist, not sure ... but it's ridiculous.

Putting hot rocks in your mitts and boots, sitting by the fire with hot chocolate after a dogsled run ... or hanging on the tundra buggy for hours on end watching the polar bears in the behaviour patterns ... it is beyond any other experience I have had.

Every time I go, I truly feel like it's the first time back.

CANADIAN SINGER-SONGWRITER CHANTAL KREVIAZUK'S NEW CD/DVD SET IN THIS LIFE WAS RELEASED EARLIER THIS MONTH. RECORDED LAST SUMMER AT THE JACKSON TRIGGS AMPHIMEATRE, THE JUNO AWARD WINNER IS ACCOMPANIED BY THE NIAGARA SYMPHONY WHILE SHE PERFORMS HER HIT SONGS.

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Iceberg-watching in Newfoundland and Labrador. GEORGE FISCHER/THE CANADIAN PRESS

Gros Morne National Park in Newfoundland. GEORGE FISCHER/THE CANADIAN PRESS

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115 of the best places to travel in Canada

Unforgettable Canada. Writers document Canada's natural wonders and urban attractions in latest edition of book

When you start planning your next trip, why not stay in Canada? You can take in the Montreal Jazz Festival, the nightlife in St. John's, or the Calgary Stampede.

Canada has many scenic vistas, natural wonders and urban attractions to offer travellers, but many Canadians don't know these special places exist.

"When was the last time someone did a good 'best of Canada' book?" was the question Noel Hudson asked himself when thinking about the next book he was going to write.

Together with longtime friend and photographer George Fischer they wrote Unforgettable Canada: 115 Destinations. The book, published by Boston Mills Press, showcases the best attractions the country has to offer.

From British Columbia to Newfoundland and Labrador and everywhere in between, the book explains where you can go iceberg-watching or see a sandcastle competition.

It took two years to compile photographs, research and write the book. But in reality, it actually took Hudson and Fischer much longer than that.

"The information for the trips were collected by both of us over a 15- to 20-year period," says Hudson, 56, in an interview. "It took us that long to amass all the information and knowledge about all these places."

The book, now in its third edition, began with 100 destinations that Hudson and Fischer chose from previous travels.

"We talked extensively about where we've travelled over the years and what we'd like to put in the book," says Hudson. "We talked about what we really liked, places we'd been to, places we'd still like to go that we always thought about going."

They attempted to strike a balance between big trips and smaller activities. The book includes the once-in-a-lifetime, two-day Rocky Mountaineer train trip from Calgary to Vancouver and more accessible excursions like going to the CN Tower in Toronto.

Hudson says both he and Fischer have been to roughly 75 out of the 115 destinations documented in the book.

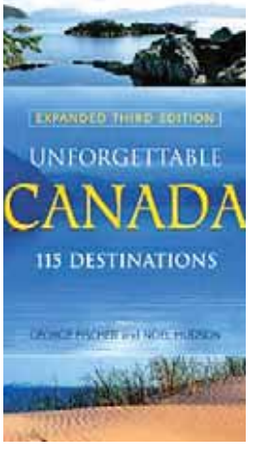
"There's some overlap between us," he says of their travels. "There are very few places (in the book) that we haven't been."

Overall, Hudson's favourite place is the province of Newfoundland and Labrador. That's where travellers can go iceberg-watching, visit the Gros Morne National Park, or Jelly Bean Row, a candy-coloured lane of houses.

Although Hudson and Fischer did not travel together to the new destinations added in the expanded edition, Hudson says it allowed them to hit more places they haven't been to.

While Hudson explored the Prairies, Fischer drove across Canada's most northerly highway, the Dempster highway, in the Yukon and Northwest Territories.

THE CANADIAN PRESS



This is Portland (Maine, not Oregon)

Saving by the sea.
Maine's largest city offers plenty of attractions for visitors — and best of all, they're free

Portland Head Light offers a picture-perfect shoreline view. ROBERT F. BUKATY/THE ASSOCIATED PRESS

The ocean views in and around Portland, Maine, are worth a million bucks, but they can be had for free. And they're not the only things that can be enjoyed without opening your wallet in Maine's largest city. There are hiking trails, ocean beaches, lighthouses, cultural attractions and more that come at no cost.

Portland Head Light
This lighthouse in Cape Elizabeth, complete with a museum and a gift shop, has been called one of the most-photographed lighthouses in the U.S.. Commissioned by George Washington, the light went into service in 1791. It became automated in 1989 and is now owned by the town of Cape Elizabeth. The lighthouse is the premier attraction at Fort Williams Park, a 10-kilometre drive from Portland. Besides the lighthouse, the park has oceanside cliffs, walking trails, open fields, a beach, remnants of old forts, and picturesque views of open ocean, islands and other lighthouses.

Old orchard beach
The stretch of white-sand beach in the oceanfront town of Old Orchard Beach will dispel any notion that Maine's coastline is all rough and rocky. The beach is a 20-minute drive from Portland and stretches for 12 kilometres from Scarborough to Saco. When you're not on the beach itself, the town has carnival rides and amusements, gifts shops and plenty of restaurants and takeout spots with food like pizza, fried dough and cotton candy.

Portland Trails
Just because you're in a city doesn't mean you can't get in some hiking. The Portland Trails urban land trust — trails.org — maintains nearly 80 kilometres of free trails in Greater Portland that take walkers and bicyclists through forests, fields, and old cemeteries, along ocean shores and riverfronts, and through city neighbourhoods. The non-profit trust is committed to preserving green space for public access and connecting people with places.

Statues
Portland has an impressive array of statues scattered about the city. You can find a bronze statue of poet Henry Wadsworth Longfellow, who was born in Portland in 1807 and went on to become America's most beloved 19th-century poet, in Longfellow Square. The Wadsworth-Longfellow House, where he grew up, is located a few blocks away, but there's an admission to get in. If movies are more to your liking, the city also has a bronze statue of film director John Ford, who grew up and was educated in Portland.

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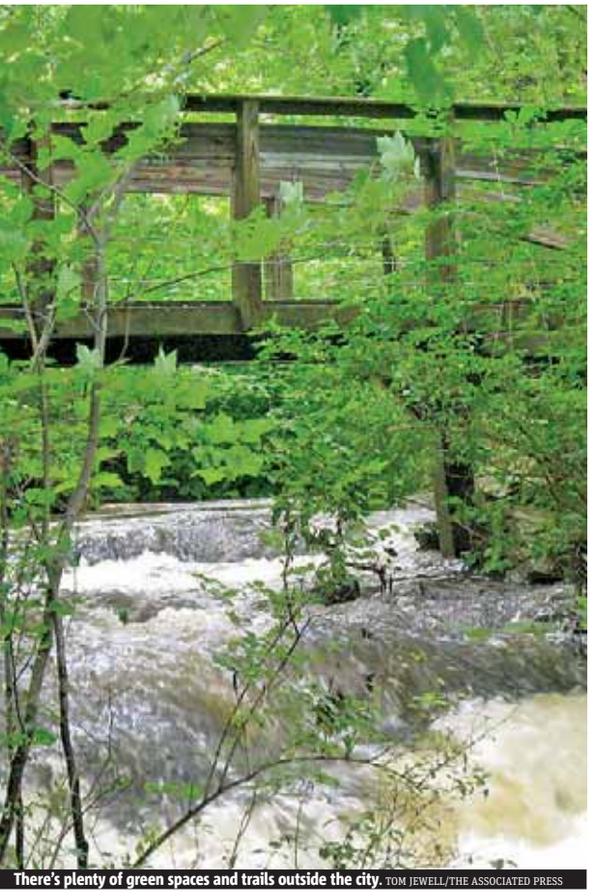

There's plenty of green spaces and trails outside the city. TOM JEWELL/THE ASSOCIATED PRESS

Breweries

Beer, beer and more beer

Portland is known for its small breweries that produce beer with big taste. If you're interesting in seeing the brewing process, a number of the breweries offer free tours (with free samples), including D.L. Geary Brewing Co., Allagash Brewing Co., Shipyard Brewing Co., and Rising Tide Brewing Co. The tours are popular, so check the brewery websites for the days and times and their availability: gearybrewing.com, allagash.com, shipyard.com, risingtide.com.

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The many eats of São

To São Paulo, Brazil's 19 million plus residents, home is a sprawling concrete jungle where street art drips from skyscraper façades onto busy sidewalks, traffic is the rhythm of life and multi-ethnic enclaves — among them Italian, Japanese and Middle-Eastern — contribute to a rich cultural identity that is uniquely paulistano. And food is no exception. Because this melting pot isn't situated on the coast, there's a local saying that the city's "beaches" — or main attractions — are its restaurants. From high-end eateries to low-key luncheonettes, Metro gives you a taste of the culinary capital's real surf and turf.

Hip hotspots

Maní's Helena Rizzo gives molecular gastronomy a sense of humour. Centerpieces of paper-thin Parmesan lollipops start the conversation. The artistry of the entrées to come is foretold in a trio of playful tapas: transparent tomato soup in a shot-glass, fois gras encased in port wine jelly like a maraschino cherry and sliced roast beef atop a delicate potato chip. Rizzo's sous-vide "perfect egg" lives up to it's name. For dessert, guava sorbet and cheese flan on a drizzling of dulce de leche will render you speechless. manianioca.com.br

Also try: Clandestino, chef Bel Coelho's gastronomic speakeasy open to only 15 diners on Thursday nights. Dishes like liquid coxinha (chicken croquette) and fish ribs with açai gravy introduce unfamiliar ways to eat indigenous ingredients. duirestaurante.com.br

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GINA ANGELOTTI, METRO WORLD NEWS
life@metronews.ca

Understated eats

Lebanese café Tenda do Nilo is the diamond in the rough with just a handful of bistro tables. All in jest, owners Xmune and Olinda Isper won't let you sample humus or mhamara, a divine red pepper spread, until you're taught the proper way to rip and dip a pita. Quickly devour their fatte — a hash of beef, chickpeas, curd and toasted-nuts — while shreds of flatbread baked in are still crisp. Conceived in the Middle East but born in Brazil, the Ispers' semolina cake with cream, pistachios, orange flower and honey called "1001 Nights" is a legend it its own right. www.tendadonilo.com.br
Also try: the Municipal Market, a commercial hall of fruit vendors, charcuteries and more. Wash down Bar do Mané's 350 gram fried mortadella sandwich with a pingada — espresso in a glass with milk and sugar. mercadomunicipal.com.br

Fine dining

D.O.M. is not simply a restaurant — the world's 7th best, according to San Pellegrino — but an erotic experience. Succumb to the ultimate aphrodisiac: chef Alex Atala's orgasmic brioche-crusted oyster with tapioca and salmon roe pearls. Other dishes evoke childlike curiosity, including toasted black rice resembling the coveted bits at the bottom of a saucepan and an elastic aligot, served like pulling taffy. Equally seductive and infallible are the sommelier's wine pairings. But Atala perfects perfection by re-purposing native ingredients like hearts of palm and priprioca, a fragrant Amazonian root. Sustainability is a standard, not a buzzword. domrestaurante.com.br
Also try: Kinoshita, where salmon marinated for six days in sake and miso — an heirloom recipe— is just one of chef Tsuyoshi Murakami's Japanese specialties. restaurantekinoshita.com.br

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Michael Mackay, manager of Peek Freans cookie outlet store. NATHAN DENETTE/THE CANADIAN PRESS

Satisfy your sweet tooth by sampling the city's local flavours

Staycation. Explore the city's unique neighbourhoods one sweet treat at a time

A quest for sweet treats in Toronto is also an opportunity to sample the city's neighbourhoods while uncovering some little-known places beloved by locals. Whether it's cookies, chocolate or ice cream, there are some tasty bargains to be had.

Cookie lovers in the vicinity of East York are often captivated by the scent of baking cookies wafting through the breeze. And they're rewarded for following their noses with deals galore at the Peek Freans Outlet Store across the street from the factory established in 1949.

Selection and price vary daily, but many Canadian classics made at the Peek Freans facility are available, including fruit creme sandwich cookies, bourbon creams, digestives, shortbreads and Chips Ahoy.

A colossal bag of slightly imperfect cookies might be priced at $3 to $5.

When it comes to getting bang for your buck, it's hard to beat St. Clair Ice Cream, east of the Danforth's Greektown near Main subway station. Owner Arthur (Rosy) Rosenzweig's motto — may all your days be ice cream days — is emblazoned on the shop.

"We're very popular because people know we make it right here and ... we serve a gigantic scoop," says Rosenzweig. "You don't need a double scoop. A single scoop is quite a bit to digest."

Indeed, they've been described as softballs and will set you back just $3 (including tax) at the shop, open from mid-April until a week after Labour Day.

The store is attached to the factory, which churns out delicious old-fashioned ice cream for restaurants, hotels and caterers. Of the approximately 50 flavours, pralines 'n' cream, cookies 'n' cream, mint chocolate chip, bordeaux cherry and cookie doughs are the most popular, Rosenzweig says.

If it's artisanal frozen treats you crave, Ed's Real Scoop has been serving homemade ice cream, gelato, sorbet and frozen yogurt for 12 years in the Beach, 15 minutes east of downtown Toronto between Coxwell and Victoria Park avenues.

You can see Lake Ontario from the corner closest to the store and wander down to the boardwalk, which extends along the lake for several kilometres, or browse the mix of independent specialty shops along Queen Street East.

The gelato/sorbet/frozen yogurt showcase greets customers with a rainbow of 18 intense hues and such flavours as pistachio, green apple, bacio (chocolate hazelnut) and red hot chili.

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osenzweig, president of St. Clair Ice Cream. NATHAN DENETTE/THE CANADIAN PRESS

Tasty Tours

Eat your way through Toronto

Burn off a few calories as you consume them with Tasty Tours walks around vibrant Kensington Market or Trinity Bellwoods, with their burgeoning trendy restaurant scene and Victorian houses.

Groups (limited to 10) are offered samples of chocolates, cupcakes, pastries and more served up by various stores, bakeries and chocolatiers while discovering tidbits of sweet history.

Audrey Ooi developed the tours as a sideline from her full-time marketing job. The $30 two-hour Kensington Market tour includes stops at a Chinese bakery, Mexican bakery, a Middle Eastern store and a North American bakery. In May, Ooi began doing the chocolate tour, about three hours, around Trinity Bellwoods, which is $35.

Ooi has plenty of trivia to pass on, including how the marshmallow originated as a health food. Unfortunately, for those looking to justify certain sweet tooth indulgences, the modern confection doesn't contain any part of the marshmallow plant for which it was named.

Bookings must be made in advance because Ooi has to advise stores how many people to expect as some prepare food especially for the tour.

THE CANADIAN PRESS

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tico.ca

Health, wellness and ... Las Vegas?

Luxury spas. Sin City is now billing itself as a destination to relax and unwind — without the hangover

VAWN HIMMELSBACH
life@metronews.ca

Is it possible to find relaxation in Sin City? HANDOUT

Health and wellness isn't typically what comes to mind when you think of Las Vegas. But that's exactly what Sin City casinos now have on offer: peace and serenity.

In the land of booze, gambling and strippers, is it possible to attain a state of meditative Zen? If you can manage to resist poolside mojitos, avoid stuffing your face at all-you-can-eat buffets and tear yourself away from the blackjack table before losing your life savings, you may, surprisingly, find an oasis of serenity.

More than 45 luxury spas offer everything you'd expect, but often with a Vegas twist. Sure, you can go for a typical Swedish massage, but how about a brown sugar java jolt pedicure, a chakra-balancing session, or even yoga with dolphins?

Here are some top picks to get your aura glowing:

The Shio Salt Room at Aria boasts illuminated salt bricks that can help heal skin irritations. HANDOUT

The Spa at Aria Resort & Casino

This spa is themed around salt, stone, earth, fire and water; you're welcomed into the space by a water garden with Aji stones blessed in Japan. The spa's Shio Salt Room features a wall of illuminated salt bricks that encourage healing of skin irritations and upper respiratory problems, complete with vibrating lounge chairs. And the Ganbanyoku Stone Bed room features Japanese heated stone beds that emit negative ions and far-infrared rays to improve blood circulation, increase metabolism and eliminate toxins — incredibly soothing, unless there happens to be a man snoring like a bear on the stone next to you.

Make sure you know your 'intention' at the Trump spa. HANDOUT

The Spa at Trump

The Spa at Trump is a smaller spa with a more personalized experience. When you walk in, you're asked about your "intention" for the treatment: calm, balance, purify, heal or revitalize. Your treatment is customized around that intention, using essential oils and even gemstones and crystals. Try a signature gemstone spa treatment, such as the Revitalizing Rubies Massage, which uses a ruby-infused massage oil to ground your root chakra. The spa also has a few unique Vegas offerings: the Vegas Recovery Massage, Morning-After Eye Cure and Sun Worshipper Body Wrap. So even if you overindulge, you can always get in a little health and wellness.

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Go social 'spa-ing' at Qua Baths & Spa at Caesars Palaces. HANDOUT

Qua Baths & Spa at Caesars Palaces

Qua Baths & Spa at Caesars Palaces takes its cue from ancient Roman traditions of relaxation, incorporating rituals of "social spa-ing" with mineral-enriched pools surrounded by dark-wood décor and waterfalls. It offers an expansive range of Vegas-worthy treatments, from hypnotherapy to chakra balancing to dream interpretation. Communal areas include the Laconium Room for heat therapy, the Arctic Ice Room (with fake snow to cool you off — perhaps less appealing to Canadians) and a tearoom staffed by a sommelier skilled at pairing teas with treatments.

Canyon Ranch SpaClub at The Venetian and Palazzo

Canyon Ranch SpaClub at The Venetian and Palazzo is one of the largest spas in the world, offering everything from ice cream pedicures to nutrition consultation to ancient Ayurvedic treatments from India. Its European-inspired Aquavana suite includes a Finnish sauna, crystal steam room, herbal-infused laconium, experiential rain showers, a wave room (a domed canopy with reflected water movements for a meditative experience) and a salt grotto with heated benches to provide a "sea air" experience.

Canyon Ranch SpaClub is one of the largest spas in the world. HANDOUT

The Spa at the Mandarin Oriental

The Spa at the Mandarin Oriental, inspired by 1930s Shanghai, features opulent art deco décor with a spa menu based on an "East meets West" philosophy. Start with the spa's signature foot ritual, based on the traditional hot herbal footbaths of the Far East, followed by a Jade Enzyme Facial or Mahjong Balance treatment focusing on pressure points and energy centres.

VAWN HIMMELSBACH IS A FREELANCE WRITER BASED IN TORONTO. CHECK OUT HER BLOG AT CHICSAVVYTRAVELS.CA

A treatment room at the Mandarin Oriental. HANDOUT

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Where the bison roam: Head to Elk Island in Alberta

National Park. Camp, hike or canoe in this vast conservation parkland, home to nearly 1,000 bison — animals once hunted nearly to extinction

Before travellers reach the towering refinery stacks marking the eastern edge of Edmonton, some pull over to the side of the highway and snap photos of the large shaggy beasts nonchalantly grazing near the ditches.

The vast green parkland, missed by many in a rush to reach the Alberta capital, is home to nearly 1,000 bison.

Of course, Elk Island National Park also hosts 800 elk and even 250 species of birds. But the hefty bovines are the main attraction.

And although the park is a big tourist destination, it's also a conservation farm for the animals once hunted to near extinction.

"Our bison are definitely a big part of what makes Elk Island really special," says Maureen Shenher, a spokeswoman for the park.

The site is the only fenced national park in the country, practically an island, but that doesn't mean people can't go inside. About 200,000 visitors who venture through its gates each year have their choice of a dozen hiking trails that stretch more than 80 kilometres, winding through forests and meadows and around various lakes.

In 1900, there were less than 200 plains bison left in the world. The Canadian government purchased the last large herd of the species in Montana in 1906 and had them shipped by train the following year to Elk Island park.

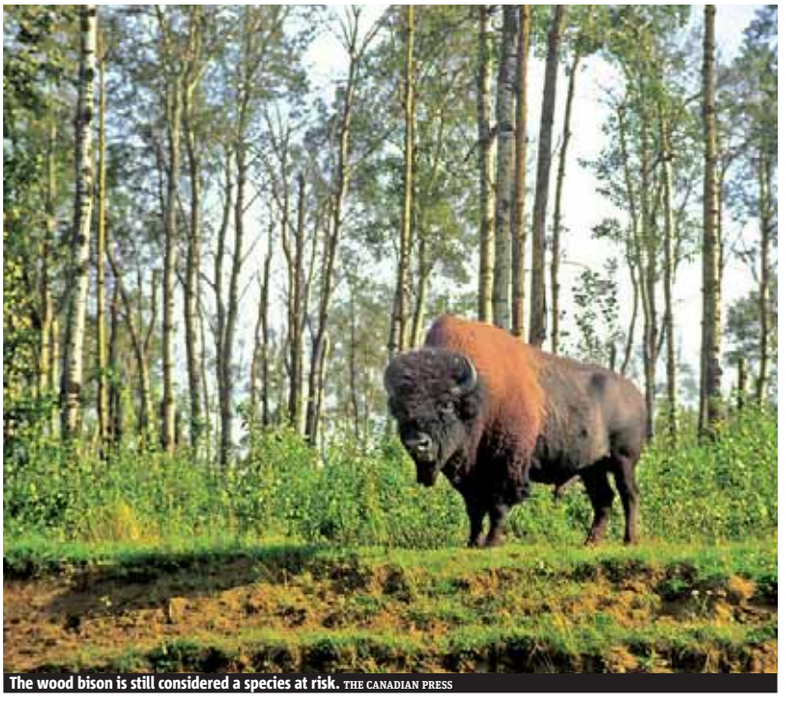
It was just supposed to be a temporary stop for the herd on their way to Buffalo National Park at Wainright. But 48 of the animals eluded capture and stayed behind.

Nearly 60 years later, a herd of threatened wood bison — though not native to the region — were added. They are still considered a species at risk and act as the national recovery herd.

Hundreds of their offspring have been relocated to other sanctuaries around the world.

THE CANADIAN PRESS

Elk Island National Park is a sanctuary for wood bison. THE CANADIAN PRESS



The wood bison is still considered a species at risk. THE CANADIAN PRESS

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If you go ...

- The park is located 45 kilometres east of Edmonton.
- In addition to hiking trails, there are picnic sites, overnight camping spots and a nine-hole golf course.
- Canoeing, kayaking and sailing are allowed on some of its lakes.
- The park is open year-round. There are some winter camping spots and cross country ski trails.
- The park is home to one of seven Dark Sky preserves in the country, meaning it limits artificial light.

Get inspired by Asian flavours of bok choy and oyster mushrooms

ROSE REISMAN
for more, visit
rosereisman.com

The combined flavours of bok choy, mushrooms and this sesame sauce is outstanding.

I use whole oyster mushrooms for appearance as well as texture. Feel free to substitute other mushrooms, but it is best to slice them in large pieces.

I love to serve this alongside a fish or chicken dish.

1. Combine the soy sauce, sesame oil, oyster sauce, sugar, garlic, ginger and chili sauce in a small bowl and set aside.

2. Lightly coat a large, nonstick skillet with cooking spray, add the oil and set over medium-high heat. Add the mushrooms and sauté for 5 minutes or until tender. Add the sauce and cook for 2 minutes, until slightly thickened.

3. Place a shallow layer of water in a large saucepan and bring to a boil. Place the bok choy in the saucepan, cover and cook for 2 minutes or just until it is bright green.

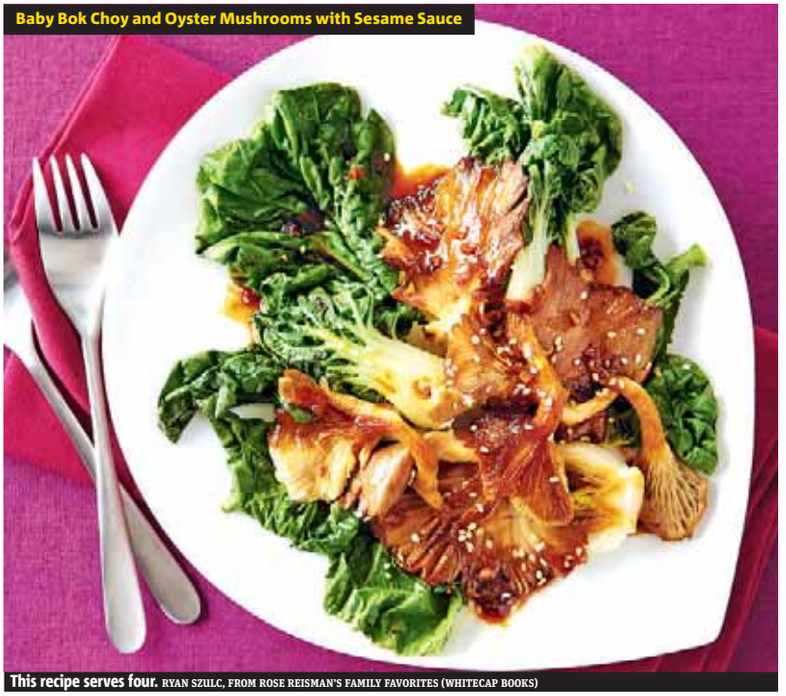
4. Drain well and place on a serving dish. Top with the sautéed mushrooms and sesame sauce, sprinkle with sesame seeds and serve immediately. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Ingredients

Sesame Sauce
- 1 tbsp low-sodium soy sauce
- 2 tsp sesame oil
- 1 1/2 tsp oyster sauce
- 1 tbsp brown sugar
- 1 tsp finely chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce

Vegetables
- 2 tsp vegetable oil
- 8 oz whole oyster mushrooms
- 6 baby bok choy
- 1 tsp toasted sesame seeds

Baby Bok Choy and Oyster Mushrooms with Sesame Sauce



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

'You put the lime in the coconut'

This delicious combination makes the perfect drink for those cool summer nights on the patio.

- 375 ml (1.5 cups) coconut milk
- 1 can (250 ml) frozen concentrate margarita mixers
- 250 ml (1 cup) white rum (optional)
- 1 l (4 cups) ice cubes
- 1 lime chopped for glass rim

In a blender, combine coconut milk, margarita frozen concentrate and rum, if using; add ice cubes. Pulse until blended and frothy, about one minute. **THE CANADIAN PRESS/BACARDI MIXERS, RUM**

Asian Slaw. Teriyaki sauce nicely dresses up this fresh and crunchy side dish

This crunchy vegetable mix of broccoli and cauliflower hearts, red cabbage and carrots gets an Asian twist with a tofu teriyaki sauce.

The slaw would be a good side to any type of grilled meat or fish.

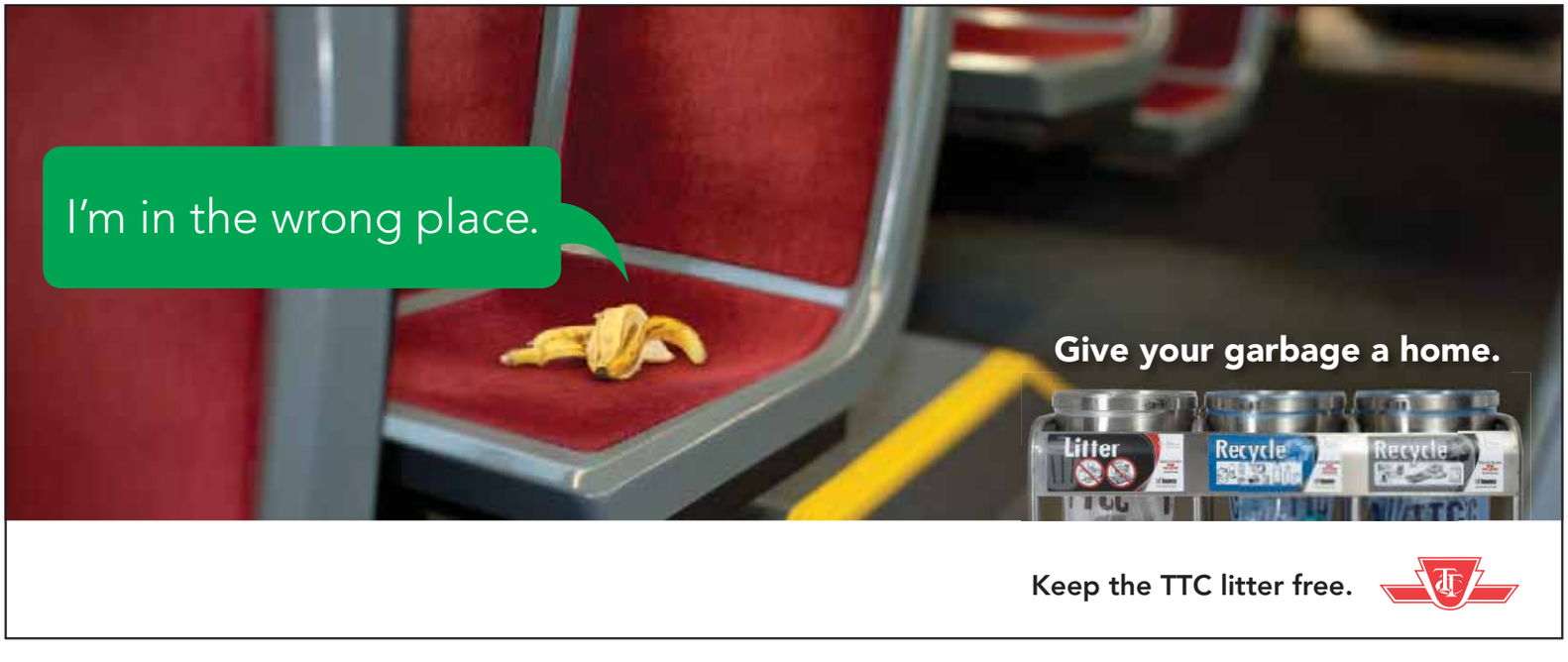
1. In a large bowl, place vegetable mix of broccoli, cauliflower, red cabbage and carrots, and add yellow pepper. Add tofu, along with oil and vinegar, and mix well.

2. Let mixture sit for 1 hour or overnight in refrigerator. Sprinkle with sesame seeds before serving.

THE CANADIAN PRESS/SUNRISE STIR-FRY TOFU N' SAUCE

Ingredients

- 1 pkg (350 g/12 oz) veg mix (broccoli, cauliflower, red cabbage, carrots)
- 1 sweet yellow pepper, sliced thinly
- 1 pkg (250 g/8 oz) stir-fry tofu cubes with teriyaki sauce
- 15 ml (1 tbsp) sesame oil
- 45 ml (3 tbsp) rice vinegar
- Sesame seeds, for garnish



Students, don't despair about debt

Getting in the red, without turning red.
Why education pays but BMWs don't

JELEEN YU
TalentEgg.ca

Let's face it. Debt happens.

It's a fact of life that almost all of us will need a little financial help at one point or another, whether it's for our home, car, livelihood, education — even our groceries.

Debt is an inevitable circumstance of life, and, for the most part, it's categorically evil.

But here's the kicker: Debt isn't always such a bad thing.

The basics

Ever heard of good debt?

Yes, it's an oxymoron, strange and it seems mythical at best, but believe it or not there are some things out there worth owing money for.

Here's what's on the "good" list:

- Your home
- Your own business
- Your education

These are otherwise known as things that will increase in value over time and give you the best bang for your borrowed buck. Because you're borrowing to finance things that won't lose their value (and will actually earn you money in the long-run), this kind of debt is considered good and justifiable.

Bad debt, on the other hand, is money borrowed for things that will depreciate in value over time, sometimes even instantly (think: as soon as you leave the store!). Consumable goods like clothes, cars, video games and flat-screen TVs are expendables, as are pricey out-of-town trips you can't afford.

Left unmanaged, this kind of debt could leave you facing years — even decades — of loan payback ahead.

And the worst "bad" debt you can make? Credit card debt, since it usually carries the highest interest rates and the most onerous payback schedules out there.

Education gives back

Student loans — burden-Canadians. In other words, government-backed student loans not only increase your future earning potential, they also give you a tax credit on the interest portion of the amount paid on your loan each year.

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Do your research

- It's important to note that the guidelines for a Canada Student Loan (CSL) vary from province to province, and the amount each student is granted depends on a lot of different factors.
- Doing your due diligence by visiting the National Student Loans Service Center's (NSLSC) website and CanLearn will help, as will considering other loan options like a low-interest line of credit from your local bank.

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Help us post-secondary students get real

Kari Merriott
Graduate
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When I decided to attend college I chose to study a subject that I already had some experience with through some of my high school courses and that I thought would make me very employable. Accounting is not the most exciting field out there; however there are so many paths you can take once you understand the fundamentals of the "language of business."

My program was also great because it included a paid co-operative education component. I went through at least 15 interviews while I was looking for a co-op position and that experience taught me to persevere and be confident in my skills and capabilities.

The two co-op positions I had, one in a small accounting firm and the other at a nationwide tax preparation company, gave me invaluable real-world experience. While I did not leverage a job out of either of those positions, I still gained many skills that would aid me in my future job search.

Although I had previous work experience, I believe it was my people skills that helped me to secure two amazing positions with international corporations (one a well-known accounting firm and the other a large financial institution) even before I graduated from my program.

It was very difficult to decide which job to go with but I decided to try out banking and I met some outstanding people along the way.

Where I am now

I have left the corporate world and am currently working as an executive assistant at my local public library. I am very happy to be using many of the accounting skills that I learned in college in such a wonderful learning environment.

My recommendations for employers, schools and career centres

I think it is important for educators to help students to have more realistic expectations.

They need to set them up for success in the real world by talking to them about how to handle the workplace environment, what to say in interviews, and how to make themselves more employable.

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4

SPORTS

Golf

"It's been lovely just going about my business. It's been nice to sort of prepare and there's definitely not the madness that was going on last year."

Rory McIlory is enjoying the approach to this year's British Open much more than last year, when Rorymania was at its peak. Back then, the curly-haired Northern Irishman was coming off his first major victory — a runaway at the U.S. Open — and being heralded as the new face of a game desperate to move past Tiger Woods' stunning downfall. But since his eight-stroke win at the U.S. Open, McIlroy hasn't been much of a factor in the majors.

THE ASSOCIATED PRESS

Mobile sports

In the third week of racing, the Tour de France peloton is worn down. The nervousness of the first week has given way to physical and mental stress. At this point in the race, many of the riders left will simply hope to make it to the finish-line in Paris. Scan the code for the story.

Toronto Raptors president and general manager Bryan Colangelo, right, and new players Landry Fields, left, and Kyle Lowry attend a news conference in Toronto on Tuesday. IAN WILLMS/THE CANADIAN PRESS

New Raptors thrilled about chance to grow

NBA. Lowry, Fields eager to lead Toronto to a return to playoffs

Quoted

"Not only can I come in and defend, but the opportunity offensively was right there."

Toronto Raptors forward Landry Fields talks about being relied on to provide offence for his new team

As a young basketball fan in Philadelphia, Kyle Lowry watched his 76ers battle the Toronto Raptors in a thrilling seven-game Eastern Conference semifinal.

Now the Raptors are hoping the 26-year-old point guard can bring them back to heights they haven't seen in over a decade.

Lowry was introduced along with another new acquisition, swingman Landry Fields, at Air Canada Centre on Tuesday. Raptors general manager Bryan Colangelo said they are "giving the keys" to Lowry with hopes that he can become the cornerstone of a young, emerging team.

"This is a great opportunity for myself, for this team to grow, and being given the keys I think I can drive this car to (becoming) a playoff team," Lowry said.

Lowry was acquired last week in a trade with the Houston Rockets that saw forward Gary Forbes and a protected future first-round draft choice go the other way.

"When I found out about the trade I actually went online and looked at the roster, looked at the YouTube clips of guys and I even got more excited seeing the opportunity and the talent that's on this team," Lowry said.

The Raptors haven't been to the playoffs since the 2007-08 season, and haven't progressed past the first round since that 2001 East semifinal against Philadelphia that Lowry called "one of the best series I've ever witnessed on TV, period."

The six-year veteran may get them back there if he continues to improve. Lowry averaged a career-best 14.3 points to go along with 6.6 assists over 47 games with the Rockets last season. He also showed toughness on defence and averaged 4.5 rebounds a game, putting him in the top 10 at his position.

"He has a chance to continue to grow in that position and continue to develop into an elite point guard," Colangelo said.

Fields, meanwhile, came to Toronto as a restricted free agent. The Raptors signed him to an offer sheet believed to be worth around $20 million US over three years, and the Knicks declined to match.

"I was willing to go wherever," Fields said. "I just wanted to be part of a winning team and whether it was here or New York I just wanted to give it my all." THE CANADIAN PRESS

MLB

Bautista placed on DL, but no structural damage to wrist

Like all Blue Jays' fans, Jose Bautista feared the worst when he dropped to his knees, clutching his left wrist in apparent agony, after pulling a ball just foul into the left-field seats on Monday night.

But it appears at least for the moment as if the reigning home run king has escaped long-term injury, after an MRI found no structural damage to the wrist on Tuesday morning.

"You can't help but think the worst, but bottom line is that I got examined, I got X-rays and an MRI, there's not much structural damage just some irritation around the joint," he said Tuesday, later clarifying there was no structural damage. "So, it's a wrist strain and obviously I won't be able to pick up the bat for a couple of days but we're going to take it day-by-day and go through all the treatment necessary to get back onto the field — without rushing anything — but as quickly as possible."

Bautista entered the visiting team's clubhouse at Yankee Stadium Tuesday afternoon wearing a soft cast on his left wrist. He was added to the 15-day disabled list and will not be eligible to join the team any earlier than Aug. 1 against the Seattle Mariners. The slugging right fielder could be out longer, but all signs currently point to a relatively speedy recovery.

TORSTAR NEWS SERVICE

Jose Bautista grabs his wrist in pain on Monday in New York. SETH WENIG/THE ASSOCIATED PRESS

Aim getting better with age

Soccer. Canada's captain Sinclair developed her game while keeping up with big brother

Burnaby, B.C., native Christine Sinclair signs autographs after the championship game of the CONCACAF women's Olympic qualifying tournament against the United States at Vancouver's BC Place Stadium in January. RICH LAM/GETTY IMAGES

Whenever Mike Sinclair drives by the old house in Burnaby, B.C., he can't help but marvel at the fact it's still standing.

"It took a beating," Sinclair says with a laugh. "I don't know how it's still upright. But I guess that's what you get when you get two really competitive kids around the same age."

Those two kids were Mike and younger sister Christine, who would leave countless broken windows and scuffed walls in her wake en route to becoming Canada's finest women's soccer player.

"Oh God, our windows, our next-door neighbours' windows, the windows of our neighbours two houses down," he said. "We've broken more things."

The concrete basement floor of their three-bedroom house provided the perfect venue for everything from roller-hockey to golf to soccer.

Fast forward a couple of decades and Christine Sinclair's aim has definitely improved. The 29-year-old is Canada's leading goal-scorer and has the third-most international goals in women's soccer history, trailing Americans Mia Hamm and Abby Wambach.

She'll lead a squad that will be playing for a medal on sport's grandest stage — the No. 7 Canadians will open the London Olympic Games against third-ranked Japan on July 25.

Trying to keep up with her older brother on the streets and playgrounds over the years built a toughness in Sinclair that was well on display last summer, when the striker scored on a beautiful bending free kick against Germany at the women's World Cup moments after her nose was shattered. Canadian goalkeeper Erin McLeod said it looked "like a zigzag."

Her goal was the lone bright spot at an otherwise disastrous World Cup that saw the Canadians knocked out after the preliminary round without a win.

But Sinclair said spirits are high heading into London. The team hired Englishman John Herdman as head coach in the fall and went on to beat Brazil to win the Pan American Games in October.

With 12 returnees from the Beijing Olympic team, Sinclair said Canada will field a squad that is wiser from its experiences in China.

"It was the first time our soccer team had qualified, and none of us had been there before and we were all inexperienced," Sinclair said. "The Olympics can be overwhelming, but now that there's a core group of us who have been there before, we can sort of help the younger players know what to expect that we didn't know four years ago."

Such as not wasting energy chasing after superstar athletes.

"I remember our team four years ago trying to get pictures with people during times when normally in camp you'd be resting, lying in bed watching TV. But instead people were out stalking Lionel Messi and things like that. That needs to change." THE CANADIAN PRESS

Cup half empty

The Canadian women's team spent the past few months based in Vancouver, with training scheduled in three-week blocks with a week away in between to train at home.

- They spent several months before the World Cup in Rome, a grind that had players counting the days until they could go home.
- "Players were ready to go home.... That is not what your mindset should be at a World Cup or an Olympics," Sinclair said.

Basketball. London likely last hurrah for Canadian women's captain Gabriele

Every morning for the past several years, Teresa Gabriele has crawled out of bed in pitch darkness to stock bread.

The alarm rings at 3:45 a.m. and she's in her first store in Abbotsford, B.C., by 4:30, when most people are still fast asleep.

Not the most glamorous work for Canada's women's basketball captain, but her job with her family's bread business has allowed her to pursue her Olympic dreams — and her appearance in London will be the punctuation mark on an illustrious career.

The 32-year-old point guard from Mission, B.C., doesn't see her work as a sacrifice and scoffs at any suggestion she's put her life on hold.

Teresa Gabriele TORSTAR NEWS SERVICE

"This is my dream and what I love to do, so this is what I'm doing right now," Gabriele said after a practice Tuesday at the Air Canada Centre in Toronto.

Gabriele has been the mainstay of Canada's women's team for more than a decade, and is the only remaining player from the 2000 Sydney Games, the last time a Canadian basketball team has stepped onto sport's biggest stage.

"I'm thinking of retiring after this, so it's a storybook ending for me," Gabriele said. "I started my career very early with an Olympics and then to be able to end it with an Olympics, it's awesome."

The Canadians qualified for the Games at the 11th hour, beating Japan in a must-win game in a last-chance qualifier on Canada Day to earn the final berth.

"We were just telling everybody we wanted to qualify on Canada Day," Gabriele laughed about their nail-biting run through qualifying.

THE CANADIAN PRESS

Pistorius finishes second in final tuneup in Italy

South African double-amputee sprinter Oscar Pistorius finished second in a 400-metre race in Italy on Tuesday, his final tune-up for the London Olympics. Pistorius clocked 46.56 seconds — well off the personal best of 45.07 he ran at the same meet last year — to finish behind Calvin Smith of the United States. Smith won in 45.52. PAOLO GIOVANNINI/THE ASSOCIATED PRESS

Track. Blake on 'right path' after winning final race before Games begin

Yohan Blake warmed up for the London Olympics by timing 9.85 seconds to win the 100 metres at a meet Tuesday in Lucerne, Switzerland, his first competitive race since beating Usain Bolt twice at the Jamaican Olympic trials.

Blake was far from the fastest out of the blocks but powered through the field with legal wind assistance of 1.6 metres per second. Jamaica teammate Michael Frater was second in 10.

"Definitely I am on the right path for the Olympics," the 21-year-old world champion Blake said. "This is where I am supposed to be. I want to remain unbeaten and that's what I am doing.

Only three-time Olympic champion Bolt (9.76) and 2004 Olympic winner Justin Gatlin (9.80) have run faster this season.

THE ASSOCIATED PRESS

Quoted

"I didn't come here to run a quick time but it's still a fast time. Not many guys run 9.85."
Yohan Blake

Weather

Rain may go away for Games opening

The sun may, just may, shine on the London Olympics.

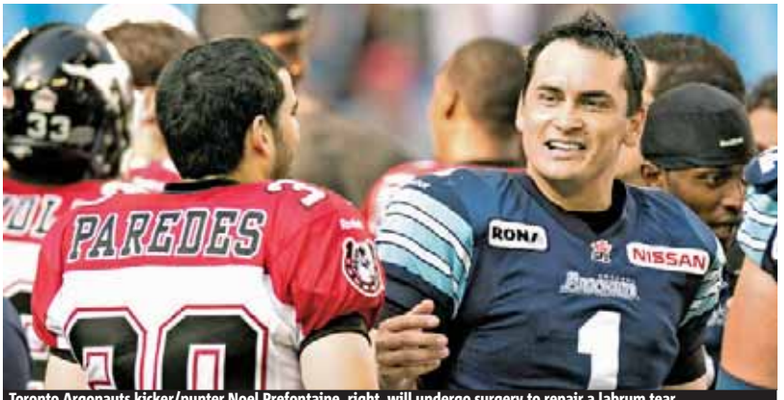
The Met Office, which forecasts the weather in one of the world's most fickle climates, said Tuesday the rain that has soaked England for weeks and kept temperatures cool could give way to sunshine in time for the opening ceremony on July 27.

Apart from raining on London's parade, the weather has been worrying organizers of equestrian and rowing events, where venues have been waterlogged by weeks of constant rain.

THE ASSOCIATED PRESS

Injury threatens to end Argos kicker's career

CFL. At 38, Prefontaine isn't sure he'll be able to keep playing following surgery



Toronto Argonauts kicker/punter Noel Prefontaine, right, will undergo surgery to repair a labrum tear.
FRANK GUNN/THE CANADIAN PRESS

Noel Prefontaine can't see himself going out like this.

The Toronto Argonauts veteran kicker/punter, a six-time CFL all-star and a Grey Cup champion, will undergo surgery shortly to repair a four-centimetre labrum tear in his left hip.

He has an anticipated recovery time of four to six months, but Prefontaine said Tuesday there are no guarantees that at age 38 he'll be able to resume his career.

And if that's the case, Prefontaine's last-ever play in the CFL will be watching Hamilton's Chris Williams return a missed Prefontaine field goal 119 yards for a TD in the first half of the Tiger-Cats 36-27 home win over Toronto on Saturday.

"I could have very well played my last game in Hamilton," Prefontaine said. "As an Argonaut, you don't want to end your career in Hamilton, so I think that will give me an extra little push when rehab time comes around.

"Obviously, I have one glimmer of hope and it's getting it fixed and (we'll see) what happens after that. Anyone who has ever been through any surgery knows it is not a guarantee. I am not going to feel like a new person when I come out of this thing, but the bottom line is the injury is going to be fixed and then I will just take it from there."

The five-foot-11, 205-pound Prefontaine, an Argos team captain, said he has played through the ailment the last couple of years — first suffering the injury while with Edmonton — but now the condition is dramatically affecting his kicking mechanics.

Toronto signed free-agent Swayze Waters to replace Prefontaine, who was placed on the nine-game injured list Monday. THE CANADIAN PRESS

MLS. A striker added to TFC's shopping list with Koevermans sidelined

Toronto FC's space under the MLS salary cap is growing. But sadly so are its needs.

Head coach Paul Mariner had a veteran defender on top of his shopping list. Now he and Earl Cochrane, TFC's director of team and player operations, have had to widen the search to add a striker in the wake of Danny Koevermans' season-ending knee injury.

"We're working diligently behind the scenes," said Mariner, who is also Toronto's director of soccer operations. "Earl is working the phones constantly, over the weekend and today.

"We're trying to do some things but decent strikers don't grow on trees in world football, never mind in MLS. Let's see what happens."

Koevermans tore his anterior cruciate ligament in a 1-0 win in New England on Saturday. The Dutch designated player will have to undergo surgery, and Mariner realistically does not expect him back until next May.

It's a nightmare scenario for a 4-11-4 Toronto team that has been trying to dig itself out of the pit created by a 1-9-0 start to the season.

While the team has steadied under Mariner, the coach now has problems at both end of the pitch.

He has to fix a young defence that is conceding a league-worst 1.94 goals a game. And now he has to replace the league's fifth-leading scorer who has accounted for nine of his team's 19 league goals this season.

The immediate plan is to move rookie Luis Silva up front with Jamaican international Ryan Johnson.

"We're a little thin," Mariner said by way of understatement.
THE CANADIAN PRESS

Quoted

"He was doing everything he possibly could to get the team up the table."

Toronto FC head coach Paul Mariner said the loss of Danny Koevermans is a big blow as he was a leader on and off the pitch

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	55	34	.618	—
Baltimore	46	43	.517	9
Boston	46	44	.511	9½
Tampa Bay	46	44	.511	9½
Toronto	45	45	.500	10½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	49	40	.551	—
Detroit	47	43	.522	2½
Cleveland	46	43	.517	3
Kansas City	38	50	.432	10½
Minnesota	37	52	.416	12

WEST DIVISION

	W	L	Pct	GB
Texas	54	35	.607	—
Los Angeles	49	41	.544	5½
Oakland	46	43	.517	8
Seattle	38	53	.418	17

Tuesday's results
L.A. Angels at Detroit
Toronto at N.Y. Yankees
Chicago White Sox at Boston
Cleveland at Tampa Bay
Baltimore at Minnesota
Seattle at Kansas City
Texas at Oakland

Monday's results
Detroit 8, L.A. Angels 6
N.Y. Yankees 6, Toronto 3
Boston 5, Chicago White Sox 1
Cleveland 3, Tampa Bay 2
Minnesota 19, Baltimore 7
Seattle 9, Kansas City 4

Wednesday's games
All Times Eastern
Toronto (R.Romero 8-5) at N.Y. Yankees (Kuroda 8-7), 1:05 p.m.
Texas (Lewis 6-6) at Oakland (Blackley 2-2), 3:35 p.m.
L.A. Angels (C.Wilson 9-5) at Detroit (Fister 3-6), 7:05 p.m.
Chicago White Sox (P.Hernandez 0-0) at Boston (Doubront 9-4), 7:10 p.m.
Cleveland (Masterson 6-8) at Tampa Bay (Hellickson 4-6), 7:10 p.m.
Baltimore (Tom.Hunter 3-4) at Minnesota (Liriano 3-8), 8:10 p.m.
Seattle (Millwood 3-7) at Kansas City (B.Chen 7-8), 8:10 p.m.

Thursday's games
Cleveland at Tampa Bay, 12:10 p.m.
L.A. Angels at Detroit, 1:05 p.m.
Baltimore at Minnesota, 1:10 p.m.
Seattle at Kansas City, 2:10 p.m.
Chicago White Sox at Boston, 7:10 p.m.
N.Y. Yankees at Oakland, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	51	36	.586	—
Atlanta	49	39	.557	2½
New York	46	43	.517	6
Miami	43	46	.483	9
Philadelphia	40	51	.440	13

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	50	39	.562	—
Pittsburgh	49	40	.551	1
St. Louis	47	43	.522	3½
Milwaukee	42	47	.472	8
Chicago	36	52	.409	13½
Houston	34	56	.378	16½

WEST DIVISION

	W	L	Pct	GB
San Francisco	49	40	.551	—
Los Angeles	48	43	.527	2
Arizona	43	46	.483	6
San Diego	36	55	.396	14
Colorado	35	54	.393	14

Tuesday's results
N.Y. Mets at Washington
Arizona at Cincinnati
San Francisco at Atlanta
Miami at Chicago Cubs
St. Louis at Milwaukee
Pittsburgh at Colorado
Houston at San Diego
Philadelphia at L.A. Dodgers

Monday's results
Arizona 5, Cincinnati 3
Miami 5, Washington 3
St. Louis 3, Milwaukee 2
Colorado 5, Pittsburgh 4
Houston 2, San Diego 0
Philadelphia 3, L.A. Dodgers 2

Wednesday's games
All Times Eastern
St. Louis (Wainwright 7-9) at Milwaukee (Thornburg 0-0), 2:10 p.m.
Philadelphia (Cl.Lee 1-6) at L.A. Dodgers (Kershaw 7-5), 3:10 p.m.
Pittsburgh (Ja.McDonald 9-3) at Colorado (Guthrie 3-9), 3:10 p.m.
Houston (W.Rodriguez 7-7) at San Diego (Richard 6-10), 3:35 p.m.
N.Y. Mets (C.Young 2-3) at Washington (Zimmermann 6-6), 7:05 p.m.
Arizona (I.Kennedy 6-8) at Cincinnati (Latos 7-2), 7:10 p.m.
San Francisco (Vogelsong 7-4) at Atlanta (Minor 5-6), 7:10 p.m.
Miami (Jo.Johnson 5-6) at Chicago Cubs (Samardzija 6-8), 8:05 p.m.

Thursday's games
All Times Eastern
San Francisco at Atlanta, 12:10 p.m.
Arizona at Cincinnati, 12:35 p.m.
N.Y. Mets at Washington, 12:35 p.m.
Miami at Chicago Cubs, 2:20 p.m.
Houston at San Diego, 10:05 p.m.

MONDAY

YANKEES 6, BLUE JAYS 3

Toronto	ab	r	h	bi	New York	ab	r	h	bi
Lawrie 3b	5	0	0	0	Jeter ss	4	0	0	0
Rasms cf	5	0	0	0	Gmdrs cf	4	0	1	0
Bautist rf	2	1	0	0	AlRdrg dh	4	2	2	0
BFrncs ph-rf	0	0	0	0	Cano 2b	3	1	2	1
Encmc 1b	4	0	2	1	Teixeir 1b	1	1	0	0
Lind dh	3	1	1	1	Swisher rf	4	0	1	0
YEscor ss	4	0	0	0	Ibanez lf	3	1	1	4
KJhnsn 2b	3	1	0	0	Wise lf	0	0	0	0
RDavis lf	4	0	2	0	ErChvz 3b	3	0	0	0
Arencii c	3	0	1	0	RMartn c	4	1	1	1
Totals	**33**	**3**	**6**	**2**	**Totals**	**30**	**6**	**8**	**6**

Toronto	000	101	001	3
New York	011	000	04x	6

	IP	H	R	ER	BB	SO
Toronto						
H.Alvarez	6	5	2	2	4	6
Beck	1	0	0	0	0	1
Loup L,0-1	1-3	2	2	2	0	0
Frasor	1-3	1	2	2	1	1
Cordero	1-3	0	0	0	0	0
New York						
P.Hughes	7	4	2	2	3	4
D.Robertson W,1-3	1	0	0	0	1	0
Eppley	1-3	1	1	0	1	1
R.Soriano S,23-24	2-3	1	0	0	0	1

T—3:04. A—42,819 (50,291) at New York.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BALTIMORE ORIOLES—Placed 2B Robert Andino on the 15-day DL. Recalled LHP Zach Britton from Norfolk (IL).
CHICAGO WHITE SOX—Placed RHP Gavin Floyd on the 15-day DL, retroactive to July 8. reinstated RHP Philip Humber from the 15-day DL.
KANSAS CITY ROYALS—Designated LHP Jonathan Sanchez for assignment. Recalled LHP Ryan Verdugo and RHP Vin Mazzaro from Omaha (PCL). Optioned OF Jason Bourgeois to Omaha.
SEATTLE MARINERS—Recalled RHP Blake Beaven from Tacoma (PCL). Optioned RHP Steve Delabar to Tacoma.
TAMPA BAY RAYS—Reinstated OF Matt Joyce from the 15-day DL. Optioned INF Will Rhymes to Durham (IL).
TORONTO BLUE JAYS—Placed OF Jose Bautista on the 15-day DL. Selected the contract of OF Anthony Gose from Las Vegas (PCL).

NATIONAL LEAGUE

CINCINNATI REDS—Placed 1B Joey Votto on the 15-day DL, retroactive to July 16. Recalled RHP Todd Redmond from Louisville (IL).
COLORADO ROCKIES—Selected the contract of OF Andrew Brown from Colorado Springs (PCL). Recalled INF DJ LeMahieu from Colorado Springs. Placed INF Jonathan Herrera and INF Chris Nelson on the 15-day DL, retroactive to July 16. Transferred RHP Juan Nicasio from the 15-day to the 60-day DL.
NEW YORK METS—Reinstated OF Jason Bay from the 15-day DL. Designated INF Omar Quintanilla for assignment.

BASKETBALL

NBA

BROOKLYN NETS—Agreed to terms with F Kris Humphries on a two-year contract.

FOOTBALL

NFL

CHICAGO BEARS—Released RB Alvester Alexander. Agreed to terms with RB Lorenzo Booker on a one-year contract.
PITTSBURGH STEELERS—Re-signed OT Max Starks to a one-year contract.

CFL

SASKATCHEWAN ROUGHRIDERS—Signed WR Terence Jeffers-Harris.

HOCKEY

NHL

ANAHEIM DUCKS—Signed G Marco Cousineau to a one-year contract.
CHICAGO BLACKHAWKS—Named Jamie Kompon assistant coach.
LOS ANGELES KINGS—Signed D Thomas Hickey, F Stefan Legein, F David Meckler and D Jake Muzzin to one-year contracts.
NEW JERSEY DEVILS—Named Scott Stevens and Matt Shaw assistant coaches.
NEW YORK ISLANDERS—Agreed to terms with F Jason Clark on a three-year, entry-level contract.

SOCCER

MLS

MLS—Suspended Columbus F Emilio Renteria one game and fined him an undisclosed amount for his head butt of Sporting Kansas City's Paulo Nagamura in a July 14 game.

CYCLING

TOUR DE FRANCE

STAGES

June 30 — Prologue: Liege, Belgium, 6.4 kilometres (stage winner: Fabian Cancellara, Switzerland; Yellow Jersey: Cancellara)
July 1 — First Stage: Liege to Seraing, Belgium, plain, 198 (Peter Sagan, Slovakia; Cancellara)
July 2 — Second Stage: Vise to Tournai, Belgium, plain, 207.5 (Mark Cavendish, Britain; Cancellara)
July 3 — Third Stage: Orchies, France to Boulogne-sur-Mer, medium mountains, 197 (Sagan; Cancellara)
July 4 — Fourth Stage: Abbeville to Rouen, plain, 214.5 (Andre Greipel, Germany; Cancellara)
July 5 — Fifth Stage: Rouen to Saint-Quentin, plain, 196.5 (Greipel; Cancellara)
July 6 — Sixth Stage: Epernay to Metz, plain, 207.5 (Sagan; Cancellara)
July 7 — Seventh Stage: Tomblaine to La Planche des Belles Filles, medium mountains, 199.0 (Chris Froome, Britain; Bradley Wiggins, Britain)
July 8 — Eighth Stage: Belfort to Porrentruy, medium mountains, 157.5 (Thibaut Pinot, France; Wiggins)
July 9 — Ninth Stage: Arc-et-Senans to Besancon, individual time trial, 41.5 (Wiggins; Wiggins)
July 10 — Rest Day
July 11 — 10th Stage: Macon to Bellgarde-sur-Valserine, high mountains, 194.5 (Thomas Voeckler, France; Wiggins)
July 12 — 11th Stage: Albertville to La Toussuire-Les Sybelles, high mountains, 148 (Pierre Rolland, France; Wiggins)
July 13 — 12th Stage: Saint-Jean-de-Maurienne to Annonay Davezieux, medium mountains, 226 (David Millar, Britain; Wiggins)
July 14 — 13th Stage: Saint-Paul-Trois-Chateaux to Le Cap d'Agde, plain, 217 (Greipel; Wiggins)
July 15 — 14th Stage: Limoux to Foix, high mountains, 191 (Luis Leon Sanchez, Spain; Wiggins)
July 16 — 15th Stage: Samatan to Pau, plain, 158.5 (Pierrick Fedrigo, France; Wiggins)
July 17 — Rest Day
July 18 — 16th Stage: Pau to Bagneres-de-Luchon, high mountains, 197
July 19 — 17th Stage: Bagneres-de-Luchon to Peyragudes, high mountains, 143.5
July 20 — 18th Stage: Blagnac to Brive-la-Gaillarde, plain, 222.5
July 21 — 19th Stage: Bonneval to Chartres, individual time trial, 53.5 (33.1)
July 22 — 20th Stage: Rambouillet to Champs-Elysees, Paris, 120
Total — 3,496.9 kilometres.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	2	1	0	84	100	4
Hamilton	3	1	2	0	88	109	2
Toronto	3	1	2	0	81	91	2
Winnipeg	3	0	3	0	56	116	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	3	3	0	0	83	37	6
B.C.	3	2	1	0	92	75	4
Edmonton	3	2	1	0	62	42	4
Calgary	3	1	2	0	106	82	2

WEEK FOUR
Wednesday's game
Winnipeg at Toronto, 7:30 p.m.
Thursday's game
Saskatchewan at Calgary, 9 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's game
Montreal at Hamilton, 7 p.m.

GOLF

WEEKEND GLANCE

BRITISH OPEN

Site: Lytham, England.
Schedule: Thursday-Sunday.
Television: ESPN (Thursday-Friday, 5 a.m.-6 p.m., 7-10 p.m.; Saturday, 7 a.m.-2:30 p.m., 7-10 p.m.; Sunday, 6 a.m.-1:30 p.m.), ESPN2 (Saturday, 4-7 a.m., Sunday, 9 p.m.-midnight) and ABC (Saturday-Sunday, 3-6 p.m.).
Online: www.opengolf.com
PGA Tour site: www.pgatour.com
European Tour site: www.europeantour.com

PGA TOUR

TRUE SOUTH CLASSIC
Site: Madison, Miss.
Schedule: Thursday-Sunday.
Television: Golf Channel (Thursday, 3-6 p.m.; Friday-Sunday, midnight-3 a.m., 3-6 p.m.; Monday, midnight-3 a.m.).
Online: www.pgatour.com

LPGA TOUR

Next event: Evian Masters, July 26-29, Evian Masters Golf Club, Evian-Les-Bains, France. Last event: South Korea's Na Yeon Choi won the U.S. Women's Open on July 8 at Blackwolf Run in Kohler, Wis., for her first major title. She finished at 8 under for a four-stroke victory, closing with a 73 after shooting a 65 in the second round.
Online: www.lpga.com

CHAMPIONS TOUR

Next event: Senior British Open, July 26-29, Turnberry, Ailsa Course, Turnberry, Scotland. Last week: England's Roger Chapman won the U.S. Senior Open to join Jack Nicklaus, Gary Player and Hale Irwin as the only players to win the tournament and Senior PGA Championship in the same season. Chapman finished at 10 under at Indianwood in Lake Orion, Mich., for a two-stroke victory.
Online: www.pgatour.com

WEB.COM TOUR

Next event: Nationwide Children's Hospital Invitational, July 26-29, Ohio State University Golf Club, Scarlet Course, Columbus, Ohio. Last week: Doug LaBelle II won the Utah Championship, making a 5-foot par putt on the final hole for a one-stroke victory.
Online: www.pgatour.com

SOCCER

MLS

Wednesday's games
All Times Eastern
Chicago at New York, 1 p.m.
Portland at Chivas USA, 4 p.m.
Colorado at Toronto, 7 p.m.
New England at Montreal, 8 p.m.
Kansas City at Houston, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Dallas at San Jose, 11 p.m.

NASL

Wednesday's game
Fort Lauderdale at Minnesota, 8:30 p.m.

TENNIS

ATP WORLD TOUR BET-AT-HOME

At Hamburg, Germany
Singles
Juan Monaco (3), Argentina, def. Cedrik-Marcel Stebe, Germany, 6-4, 3-6, 7-5.
Jeremy Chardy, France, def. Albert Montanes, Spain, 6-4, 6-2.
Julian Reister, Germany, def. Fernando Verdasco (5), Spain, 6-2, 6-3.
Lukas Rosol, Czech Republic, def. Viktor Troicki (8) Serbia, 5-7, 6-3, 6-4.
Albert Ramos, Spain, def. Pablo Andujar, Spain, 6-1, 6-4.
Marin Cilic (4), Croatia, def. Flavio Cipolla, Italy, 6-3, 6-4.
Florian Mayer (7), Germany, def. Horacio Zeballos, Argentina, 7-6 (7), 7-5.
Tommy Haas, Germany, def. Martin Klizan, Slovakia, 6-2, 6-1.
Philipp Kohlschreiber (6), Germany, def. Bjorn Phau, Germany, 4-6, 6-2, 6-3.
Fabio Fognini, Italy, def. Marcel Ilhan, Turkey, 7-5, 6-2.
Nicolas Almagro (1), Spain, def. Tobias Kamke, Germany, 6-4, 6-1.

SWISS OPEN

At Gtaad, Switzerland
Singles
Feliciano Lopez (5), Spain, def. Adrian Ungur, Romania, 2-6, 6-4, 7-6 (7).
Grigor Dimitrov, Bulgaria, def. Julien Benneteau (6), France, 3-6, 6-4, 6-1.
Thomaz Bellucci, Brazil, def. Blaz Kavcic, Slovenia, 6-1, 6-1.
Lukasz Kubot, Poland, def. Ivan Dodig, Croatia, 3-6, 6-3, 6-4.
Dustin Brown, Germany, def. Sergiy Stakhovsky, Ukraine, 3-6, 6-4, 7-6 (8).
Ernests Gulbis, Latvia, def. Filippo Volandri, Italy, 7-6 (2), 4-6, 6-3.
Jan Hajek, Czech Republic, def. Edouard Roger-Vasselin, France, 4-1 retired.

WTA SONY SWEDISH OPEN

At Bastad, Sweden
Singles
First Round
Anabel Medina Garrigues (3), Spain, def. Laura Robson, Britain, 6-4, 7-6 (4).
Mariana Duque-Marino, Colombia, def. Sandra Roma, Sweden, 7-5, 6-1.
Silvia Soler-Espinosa, Spain, def. Anna Tatishvili, Georgia, 4-6, 6-3, 6-0.
Arantxa Rus, Netherlands, def. Rebecca Petersson, Sweden, 6-1, 6-2.
Klara Zakopalova (6), Czech Republic, def. Annika Beck, Germany, 2-6, 6-3, 6-4.
Kateryna Bondarenko, Ukraine, def. Carina Witthoeft, Germany, 6-2, 7-6 (5).
Julia Goerges (2), Germany, def. Barbora Zahlavova Strycova, Czech Republic, 6-2, 6-2.
Anastasia Pavlyuchenkova (5), Russia, def. Patricia Mayr-Achleitner, Austria, 6-2, 6-2.
Tsvetana Pironkova, Bulgaria, def. Lucie Hradecka, Czech Republic, 6-2, 7-5.
Shahar Peer, Israel, def. Lourdes Dominguez Lino, Spain, 6-4, 2-0 retired
Polona Hercog, Slovenia, def. Alexandra Panova, Russia, 7-5, 7-5.
Sofia Arvidsson, Sweden, def. Roberta Vinci (4), Italy, 6-4, 7-5.

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This Lexus may have you voting y-ES

ALL PHOTOS WHEELBASE

Review. It's about time the world regarded the ES as a real Lexus

MALCOLM GUNN
Wheelbase Media

More style and substance are features the 2013 Lexus ES 350 can brag about. However the Toyota-Camry-based sedan can now include superlative fuel economy to its bag of tricks in the form of the gasoline-electric ES 300h hybrid.

The ES has always enjoyed a sterling reputation with Lexus buyers as the fleet's go-to entry-luxury model, even though the sportier IS series is less expensive. But in this league, size counts for plenty and the longer, wider and roomier ES beats the pants off the IS in the space race.

For 2013, interior volume has been slightly increased due to the addition of about five centimetres between the front and rear wheels. That adjustment makes the ES more livable, especially for rear-seat riders, but it's the car's outward appearance that's bound to make it a lot more likeable. Lexus's new character-building corporate face features a prominent lower air intake that first appeared on the GS sedan, along with restyled headlights and shapelier hood. It's a look that will show up on the rest of the fleet in due course.

In addition, the backside has been reworked to give the sedan a bit more bustle. The physical adjustments add considerable sparkle to what had been a design that for years was unnecessarily understated.

With its luxurious cabin environment, stress-free engine performance and trouble-free reliability, the ES should continue to garner serious consideration from entry-luxury shoppers. Dial in an invigorated redesign plus a fuel-sipper option and more folks than ever will likely vote y-ES.

Engines

The ES 350's powertrain is straightforward, consisting of a 268-horsepower 3.5-litre V6 accompanied by a six-speed automatic transmission that carries over virtually unchanged from the 2012 edition.

But, for 2013 it doesn't end there. A new ES 300h hybrid features a 156-horsepower 2.5-litre four-cylinder gas engine that combines with a 141-horsepower electric motor to generate 200 net horsepower. Both function through a continuously variable transmission.

The hybrid borrows its powertrain from the Toyota Camry hybrid and represents a natural extension of the ES brand, especially since the recent demise of the Toyota-Prius-based HS 250h.

2013 Lexus ES 350/ES 300h

- **Type.** Four-door, front-wheel-drive midsize entry-luxury sedan.
- **Engines (hp):** 3.5-litre DOHC V6 (268); 2.5-litre DOHC 4 with electric motor (200, net).
- **Mileage:** L/100 km (city/hwy) 10.7/7.0 (3.5).
- **Base Price:** $44,000 (est.)

Interior

Other than the primary tach and speedometer gauges, the dashboard's control centre is a busy spot, with numerous minute knobs and buttons handling ventilation, audio and communications tasks. Fortunately, the console-mounted Remote Touch Interface can manipulate much of these systems in a relatively uncomplicated manner.

Base content

Being in the luxury realm, the ES 350 starts out with considerable standard equipment including power moonroof, 10-way adjustable power front seats, backup monitor, push-button start and an eight-speaker audio system. There's also a Drive Mode selector with Normal, Eco, or Sport settings for the powertrain and steering system.

5 DRIVE

Top Gear

That's right, jack

If you tow a medium to large trailer, you know what a hassle it is to use cinder blocks or pieces of wood to get the trailer to sit at the desired height. Where do you put the blocks when they're not in use, anyway? Attaching the sturdy Flip Jack Foot from Fastway products would appear to eliminate that problem. When secured to the trailer's tongue jack, it automatically drops down when the jack is extended, thereby adding up to six extra inches in length. It also automatically tucks up out of the way when the trailer jack is retracted. The Flip Jack Foot is available for 2 and 2.25-inch tongue jacks for $50 US from the company at fastwaytrailer.com, which also shows a list of local dealers.

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Have you ever seen this much purple being put together? Like the car, the colour is part of a connection to the muscle car era of the late 1960s and early '70s. It's a purely emotional purchase, of course. CHRYSLER

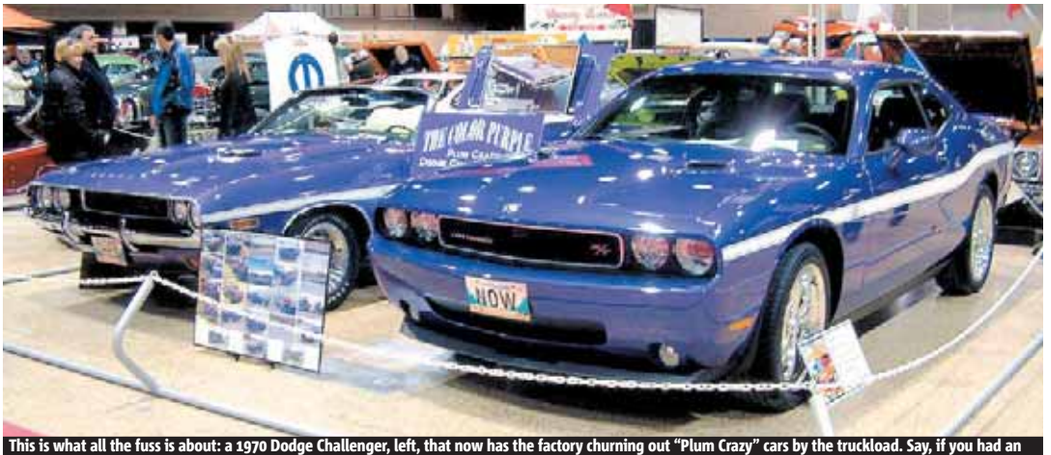
Preventing scratches are front fender covers shaped to fit the Challenger's contours. CHRYSLER

A look at the original. PAT KANIUGA/WHEELBASE

PCP: 'It's such an iconic colour'

Auto Know. Two Dodge Challengers, both in Plum Crazy Purple, separated by 40 years. Why not own both?

PAT KANIUGA
Wheelbase Media



This is what all the fuss is about: a 1970 Dodge Challenger, left, that now has the factory churning out "Plum Crazy" cars by the truckload. Say, if you had an original, wouldn't you want the modern version to match? PAT KANIUGA/WHEELBASE

What is a retro car without retro colours? It's the visual tie that binds four decades of muscle car separation.

Dodge's eye-popping Plum Crazy Purple for the Dodge Challenger certainly brings back memories for muscle aficionados. At least it certainly does for me since I have a Plum Crazy Purple 1970 Dodge Challenger R/T convertible with white stripes, a rare ragtop that has been my baby for more than a decade.

When Chrysler designers introduced the retro-styled Challenger for the 2008 model year, you could only get it in Orange — the first heritage colour to be released — then black and silver. But these colours didn't satisfy buyers for long.

"Challenger is the modern interpretation of the muscle car. The minute it came out, people were saying they wanted the car in Plum Crazy Purple. There were online posts and renderings," said Chrysler's Jiyan Cadiz. "It's such an iconic colour ... it was pretty much a natural move."

For the 2009 model year, Chrysler offered up its second heritage hue known as B5 Blue, named for the 1970 paint code, but still less iconic than Plum Crazy. It wasn't long before Tor-Red rolled off the assembly line. Then, it was only a matter of time before buyers got their wish: 2010 would see more bright hues: first Detonator Yellow; then purple.

Known as PCP in Chrysler lingo, the new Plum Crazy is slightly darker than the original, one of eight extra-cost "high impact" colours offered in 1970 and 1971, when muscle cars reached their peak of both performance and marketing outrageousness. Plum Crazy kept company with the likes of Panther Pink, Top Banana, Sublime and Gomango.

"The colours really helped define these cars then," says Cadiz. "It's quite a daring colour, but there is definitely a demand for Plum Crazy.

"The colour just looks right for that car. The first time I saw it was at the Detroit Auto Show, and lots of people came up to me and said 'I used to have one' or 'I always wanted one.'"

Quote

Having an original purple Challenger is one thing, but when Chrysler brought back Plum Crazy, my first thought was that I could buy a new twin.

Writer Pat Kaniuga

Count this reporter into that group. Having an original purple Challenger is one thing, but when Chrysler brought back Plum Crazy, my first thought was that I could buy a new twin.

Sure, they're 40 years apart, but really in automotive history, some could argue no two cars have ever looked so similar with four decades between them.

To get the ball rolling, I told a local dealer friend about my wish to complete my purple pair and that, oh yes, I also wanted inside the factory in Brampton, Ont., so I could watch and document the birth of the twin.

Shockingly, he said he would make it happen.

On a Tuesday in February, I watched as my car rolled down the assembly line. But it almost didn't happen. As we found out, no one gets in to see the cars being built. Few dealers ever do, and certainly not customers. But after a couple of dozen calls between VPs and PR types, dealers and plant security to convince them that I wasn't a spy and just wanted to write about my new Challenger being built, I was in.

A friendly Chrysler engineer spent two hours taking me around the three-million-square-foot facility in a motorized cart. I ogled purple metal shells fresh out of the paint booths. Racks of "Hemi" V8 engines. Row upon row of new Challengers, Chargers and 300s in all stages of the build process. I was in Chrysler heaven.

Finally, I saw my very own PCP Challenger at the end of the line, and it was love at first sight. After the car went through a series of tests, I was introduced to my new baby outside and we snapped our first official photos together.

It would only be a short time before my '70 Challenger would have pictures taken with the new baby at a local car show.

Chrysler's retro plan had worked marvelously, thanks to the colour purple.

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*Limited time lease offers on a new 2012 Honda Fit (Models GE8G2CEX, GE8G3CEX, GE8H3CEX, GE8G5CES, GE8H5CES, GE8G7CE, GE8H7CE) // 2012 Honda Civic DX Sedan (Model FB2E2CEX) // 2012 Honda Civic Si Sedan (Model FB6E5CKV) // 2012 Honda Civic Hybrid (Models FB4F2CE and FB4F2CG) // 2012 Honda Insight LX (Model ZE2H5CE) // 2012 Honda CR-Z (Models ZF1C6CE, ZF1D6CE, ZF1C6CGN, ZF1D6CGN) // 2012 Honda CR-V LX 2WD (Model RM3H3CE) // 2012 Honda Odyssey LX (Model RL5H2CE) // 2012 Honda Pilot LX 2WD (Model YF3H2CE) // 2012 Honda Ridgeline DX (Model YK1F2CEZ) available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2012 Honda CR-V LX 2WD (Model RM3H3CE) on a 24 month term at 0.99% lease APR, the monthly payment is $503.37 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100), and OMVIC fee ($5)] with $0 down payment or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $12,080.88. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. **Receive 0.99% purchase financing on any new 2012 Honda Civic DX Sedan (Model FB2E2CEX) // 2012 Honda Civic Si Sedan (Model FB6E5CKV) // 2012 Honda CR-V LX 2WD (Model RM3H3CE) // 2012 Honda Odyssey LX (Model RL5H2CE) // 2012 Honda Pilot LX 2WD (Model YF3H2CE) // 2012 Honda Ridgeline DX (Model YK1F2CEZ) for a maximum of 36 months available through Honda Financial Services Inc., on approved credit. Example: based on a 2012 Honda CR-V LX 2WD (Model RM3H3CE) on a 36 month term at 0.99% APR and complete price of $27,765 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100) and OMVIC fee ($5). Excludes taxes, license, insurance, and registration], the monthly payment is $783.08. Cost of borrowing is $425.88 for a total finance obligation of $28,190.88. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. †Receive 1.99% purchase financing on any new 2012 Honda Civic DX Sedan (Model FB2E2CEX) for a maximum of 84 months available through Honda Financial Services Inc., on approved credit. Bi-weekly Finance example: based on a 2012 Honda Civic DX Sedan (Model FB2E2CEX) on a 84 month term at 1.99% APR, complete price of $16,520 [includes $1,495 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100 except Honda Civic DX), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration], and 182 bi-weekly payments of $97. Cost of borrowing is $1,190.42 for a total finance obligation of $17,710.42. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. ΩLimited time lease offers on a new 2012 Honda CR-V LX 2WD (Model RM3H3CE) available through Honda Financial Services Inc., on approved credit. CR-V model shown is a 2012 Honda CR-V LX 2WD with Optional Equipment (Model RM3H3CE). Representative lease example: based on a 2012 Honda CR-V LX 2WD (Model RM3H3CE) on a 48 month term at 2.99% lease APR, the monthly payment is $287.99 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100), and OMVIC fee ($5)] with $3,879 down payment or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $17,702.52. 96,000-kilometre allowance; charge of $0.12/km for excess kilometres. For all offers: license, insurance, PPSA, and other taxes (including HST) are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details.

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If you're not worried about fuel prices ...

Second Gear.
2006 to 2010
BMW M5

JUSTIN PRITCHARD
drive@metronews.ca

From 2006 to 2010, the E60 generation of BMW's M5 sedan offered up a slew of performance upgrades to handle the 500-horsepower output of the most powerful factory 5-Series yet.

The M5 isn't a car for the faint of heart — and high fuel and insurance costs mean a more modest 5-Series model with a smaller engine may make more sense for most shoppers who don't require the services of one of the fastest four-door cars on the planet.

TORSTAR NEWS SERVICE

Common Issues

Ensure all electronics on the M5 you're considering are working as expected. Note that reports of a 'frozen' iDrive central command system aren't uncommon. Watch for warning indicators that may become illuminated on your test-drive, especially pertaining to the SMG transmission, if so equipped. Many owners have reported some level of problems with the computer brain that controls this sophisticated transmission. Some also report problems with the oil lines and solenoids that operate the engine's valve timing system in earlier years — so be sure to have these systems verified for proper operation by a BMW mechanic.

A loud creaking noise from the M5's rear end could be caused by a problem with the differential, which could be remedied by switching to a different type of lubricating oil.

A full check of the M5's various (and complicated) electronics systems by a BMW service centre is key to confidence ahead of a purchase.

Engine

The M5 came exclusively with a 5-litre V10 developing 500 horsepower. Manual or SMG transmissions were available, and all models were rear-wheel drive.

What Owners Like

The last-generation M5 was praised by its owners for looks, exclusivity, performance, thrills, comfort and a high-quality cabin. Supportive seats and the convenience of a sedan were also highly rated.

What Owners Dislike

Many owners report frustration with terrible fuel mileage, and a rough and awkward feel to the M5's SMG transmission.

Verdict

Many of its owners will verify that the M5 isn't a car that's ideal for those after fantastic fuel consumption or inexpensive repair bills. However, as a four-door rocket-sedan, it has virtually no equals.

Are you ready if disaster strikes at the wheel?

Like any machine, cars have countless parts that can break, fail or malfunction. Gas pedals can stick, wheels can fall off, and that flimsy glass windshield can be shattered faster than you can blink.

And with Mother Nature's ability to put drivers in potentially-fatal situations in a heartbeat, driving quickly amounts to one of the riskiest things we do on a daily basis.

Question is: are you prepared if disaster strikes at the wheel?

Here's a look at how to maximize your chances of survival in three of the likeliest worst-case scenarios.

Problem: You've just passed a car on the highway and you discover your throttle is stuck to the floor. You start to panic, and speed is piling on dangerously.

Possible Solution: Forget turning off the engine. The first course of action is to slip the vehicle into neutral. Doing so takes half a second, and physically decouples the engine from the wheels. In neutral, your vehicle can't accelerate — no matter how hard the throttle is pressed.

Once in neutral, brake and coast off to the side of the road. Turn the engine off, fix the problem and carry on. If your car has a stick-shift, pressing the clutch has the same effect.

The Problem: You're travelling at speed when a piece of ice or debris from the roof of a transport truck becomes dislodged and strikes your windshield. There's broken glass in your eyes, and your vehicle is now a projectile with a blind pilot.

Possible Solution: Ian Law is the chief instructor of the ILR Car Control School. He's been teaching advanced safe driving techniques for years — and recommends a pre-emptive approach to successfully tackling a catastrophic non-visibility situation.

"This is a scenario where staying focused on your driving pays off in dividends. A good driver will have been focused on their driving and the situation before the incident. This is called "situational awareness," and it involves processing all driving information so that the driver knows at all times what is around them — and where".

Translation? Practice being aware of what's around you at all times, and you've got better odds of surviving blindness at the wheel.

The Problem: You're driving through very thick fog, and suddenly discover that you're mere seconds away from plowing head on into the back of a massive pile-up. You're driving too fast to stop.

Possible Solution: Getting your vehicle out of the roadway is likely to offer a higher chance of survival — so aim for the ditch, not the pile-up.

You and your passengers can more easily survive a single impact entering the ditch than the numerous impacts likely in a pile-up situation.

Law adds, "I always say you are much better off waiting three hours for a tow truck to pull you out of a ditch than waiting 20 minutes to have the paramedics pull your body out of the wreckage."

JUSTIN PRITCHARD/
FOR METRO

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2012 Dodge Grand Caravan Crew shown.▪

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CHRYSLER Jeep DODGE RAM

Dodge.ca/Offers

Less Fuel. More Power. Great Value is a comparison between the 2012 and the 2011 Chrysler Canada product lineups. 40 MPG claim based on 2012 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. See retailer for additional EnerGuide details. Wise customers read the fine print: •, ••, •••, †, § The Hurry Up to Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after July 4, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. •$19,995 Purchase Price applies to 2012 Dodge Grand Caravan Canada Value Package (29E) only and includes $8,000 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. ••Consumer Cash Discounts are offered on select 2012 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. •••$1,500 Bonus Cash is available on all new 2012 Dodge Grand Caravan SXT and $1,000 Bonus Cash is available on all new 2012 Dodge Journey SXT models except remaining Save the Freight models. Bonus Cash will be deducted from the negotiated price after taxes. See your retailer for complete details. †4.99% purchase financing for up to 96 months available on the new 2012 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of $19,995 (excluding Consumer Cash Discount) financed at 4.99% over 96 months with $0 down payment, equals 208 bi-weekly payments of $117 with a cost of borrowing of $24,291.63. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailer may sell for less. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ■Based on *Ward's* 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. ◇Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2012 Dodge Grand Caravan Canada Value Package – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). ▪▪The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ▪Jeep is a registered trademark of Chrysler Group LLC.

New record for motorcycles at Dover

Last Friday, the 13th that is, saw roughly 50,000 motorcycles invade the town of Port Dover, Ont. MIKE GOETZ/FOR METRO

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

Are you superstitious? I think I'm regular-stitious. I walk under ladders, but never carrying a black cat. Motorcyclists seem to be incredibly non superstitious. They think that the most superstitious date on the calendar — Friday the 13th — is the absolute bomb.

It's been a tradition since 1981 to drive your motorcycle to the resort town of Port Dover, Ont., on the shores of Lake Erie, every Friday the 13th, regardless of which month it falls on.

Every year it gets bigger, even the years when the "Black Fridays" show up on cooler months. With the last Friday the 13th of 2012 happening in July, and hot weather on the forecast, many predicted that this would be the biggest turnout ever. And it was.

About 50,000 motorcycles and 150,000 people were the numbers I heard repeatedly. I didn't actually count all the bikes and on-lookers clogging the streets of Dover, because I was too busy getting heat stroke, or what I thought was heat stroke.

Turns out I was instantly cured by an adult beverage and some pan-fried Perch at the Erie Beach Hotel. But suffice to say, you couldn't swing a stuffed animal, like say a cat, without hitting leather, chrome, or a large person with a bandana. So I didn't.

Funnily enough, our gang didn't arrive at Dover via bikes, or via cars. Our pal Kirby hosted us in nearby St. Williams, and dropped us off by boat. Great fun but I wouldn't necessarily recommend the water route, as dock space on that day is super tight. But with so many people on the pier looking at every boat coming into the marina, I can now appreciate how Queen Elizabeth felt on her Jubilee tour down the Thames.

It was my first Friday the 13th at Port Dover. Here are a few impressions and observations of the day, from this rookie attendee.

• Very hot and humid, saved only by a slight breeze.

• Did I mention it was hot?

• A warm day meant a lot of skin was uncovered. As usual, this is good and bad.

• The vibe was awesome. All those bikes and all those people and all that heat and nobody was cranky or pushy.

• The cruiser crowd, which prefers leather and Harley Davidson motorcycles, are definitely the majority, but there was solid representation from all motorcycle genres — sport bikes, vintage, touring, standards, trikes, etc.

• Huge police presence. But they didn't seem to have much to do, other than direct traffic.

• Port-a-potties and hot sun? Not a good combination.

• Very well organized. Only bikes allowed into and out of town by one road, and under the control of those efficient and courteous police officers. People arriving by car have to park way out of town, in a designated farmer's field, and then get shuttled by school bus.

• Hundreds of bikes rolling into, or out of town, en masse, makes for great mechanical theatre — lots of flashy visuals, amazing soundtrack.

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$19,888	2008 HONDA CR-V LX – 4X4, Auto. A/C, ABS, PW, PL, PM, Stereo/CD, Certified (Balance of factory warranty)	Silver	43,453	6691
$17,888	2009 HONDA CIVIC SPORT – 4Dr, Auto. A/C, ABS, PW, PL, PM, Stereo/CD, P.Sunroof, Alloys, Certified (Balance of factory warranty)	Grey	17,408	90158
$26,888	2010 HONDA ACCORD EX-L – 4Dr, Auto. 4Cyl, A/C, Loaded, Leather Seats, P.Sunroof, Alloys, Certified (Balance of factory warranty)	White	25,694	10243

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Titanium model shown

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This offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Employee Pricing is not combinable with CPA, GPC, CFP, Daily Rental Allowance and AX/ZD/F-Plan programs. ‡ No purchase necessary. For full contest rules, eligible vehicle criteria, and to enter as a Ford owner, visit www.ford.ca/shareourpridecontest (follow the entry path applicable to you, complete all mandatory fields and click on 'submit'). Open only to residents of Canada who have reached the age of majority, possess a valid graduated level provincially issued driver's license, and are owners of Ford branded vehicles (excluding fleet customers and all Lincoln and Mercury models). Eligible vehicle criteria includes requirement that it be properly registered in Canada in the contest entrant's name (matching vehicle ownership), and properly registered/plated and insured. Non-Ford owners can enter by making an original 100 word essay on "what they like about Ford", with their full name, full mailing address, email, daytime phone number (with area code) to: Vanessa Richard, Pareto Corp., 1 Concorde Gate, Suite 200, Toronto, ON, M3C 4H4. Contest closes at 11:59pm (PST) on the last day of the 2012 Ford Employee Pricing Campaign which will be no earlier than August 31, 2012. Limit of 1 entry per person. Up to 6 prizes available to be won in the form of a Ford Vehicle Purchase Allowance of $2,000 CDN. Prizes are not transferable and no substitution is permitted except by the sponsor in case of prize unavailability of equal or greater value. Skill testing question required. Odds of winning depend on number of eligible entries received. Winners will be chosen randomly from all eligible entries received by Pareto Corp. on or about September 7, 2012 and will be notified by phone and email. Winners will be required to sign and return an Affidavit of Eligibility and Liability/Publicity Release within 14 days of notification, failing which an alternate winner will be chosen. Winners consent to the use of their name, likeness and hometown for publicity purposes in any media without further compensation, unless prohibited by law. Winners are responsible for any taxes and all costs and expenses not specified in these rules. Limit of 1 prize per household. Contest is subject to all federal, provincial, territorial and municipal laws and regulations and is void where prohibited. ‡‡ 2012 Focus SE Hatchback Manual/Fiesta SE Hatchback Manual: $1,280 ($995) Employee Price Adjustment + $1,500 ($1,750) Delivery Allowance = $2,780 ($2,745) Total Price Adjustments. $17,848 ($14,878) purchase financed at 4.99% APR for 84 months with a down payment of $0 or equivalent trade-in, monthly payment is $118 ($98) [(the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of ($118.6898), interest cost of borrowing is ($3,346/$2,792) or APR of 4.99% and total to be repaid is ($21,476/$17,836). Down payment may be required based on approved credit from Ford Credit. Offers include Total Price Adjustments of ($2,780/$2,745) (Total Price Adjustment is a combination of Employee Price Adjustment ($1,280/$995) and Delivery Allowance of ($1,500/$1,750) All purchase finance offers include freight, air tax, PPSA and Stewardship Ontario Environmental Fee but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Taxes are payable on the full amount of the purchase price. Bi-Weekly payments are only available using a customer initiated PC (Internet Banking) or Phone Pay system through the customer's own bank. If offered by that financial institution. The customer is required to sign a monthly payment contract and furnish a cheque in the amount of the first bi-weekly payment on the contract date. Subsequent bi-weekly payments will be made via a PC or Phone Pay system commencing 2 weeks following the contract date. Delivery Allowances can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Delivery Allowances are not combinable with CPA, GPC, CFP, Daily Rental Allowance and AX/ZD/F-Plan programs. ** Based on Manufacturer's Suggested Retail Price. Delivery Allowances can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Delivery Allowances are not combinable with any fleet consumer incentives. Employee Pricing is not combinable with CPA, GPC, Daily Rental Allowance and AX/ZD/F-Plan programs. **until August 31, 2012, receive 4.99% APR purchase financing on new 2012 Focus SE Sedan Manual/Fiesta SE Hatchback Manual) models for a maximum of 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit (not all buyers will qualify for the lowest APR payment). Purchase the above models for ($17,848/$14,878) purchase financed at 4.99% APR for 84 months with a down payment of $0 or equivalent trade-in, monthly payment is ($29/$21) [(the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of ($118.6898), interest cost of borrowing is ($3,346/$2,792) or APR of 4.99% and total to be repaid is ($21,476/$17,836). Down payment may be required based on approved credit from Ford Credit. Offers include Total Price Adjustments of ($2,780/$2,745) (Total Price Adjustment is a combination of Employee Price Adjustment ($1,280/$995) and Delivery Allowance of ($1,500/$1,750) All purchase finance offers include freight, air tax, PPSA and Stewardship Ontario Environmental Fee but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Taxes are payable on the full amount of the purchase price. Bi-Weekly payments are only available using a customer initiated PC (Internet Banking) or Phone Pay system through the customer's own bank. If offered by that financial institution. The customer is required to sign a monthly payment contract and furnish a cheque in the amount of the first bi-weekly payment on the contract date. Subsequent bi-weekly payments will be made via a PC or Phone Pay system commencing 2 weeks following the contract date. Delivery Allowances can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Delivery Allowances are not combinable with any fleet consumer incentives. Employee Pricing is not combinable with CPA, GPC, CFP, Daily Rental Allowance and AX/ZD/F-Plan programs. Estimated fuel consumption ratings for the 2012 Fiesta 1.6L, 4-5 speed manual/Focus 2.0L, 4-5 speed manual/Focus 2.0L, 4-5 speed manual/Focus 2.0L, 4-5 speed manual). Model shown is a 2012 Focus Titanium Sedan with fuel economy of 8.2L/100km (34 MPG Hwy and 7.3L/100km (39 MPG City. Fuel consumption ratings based on transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ©2012 Ford Motor Company of Canada, Limited. All rights reserved.

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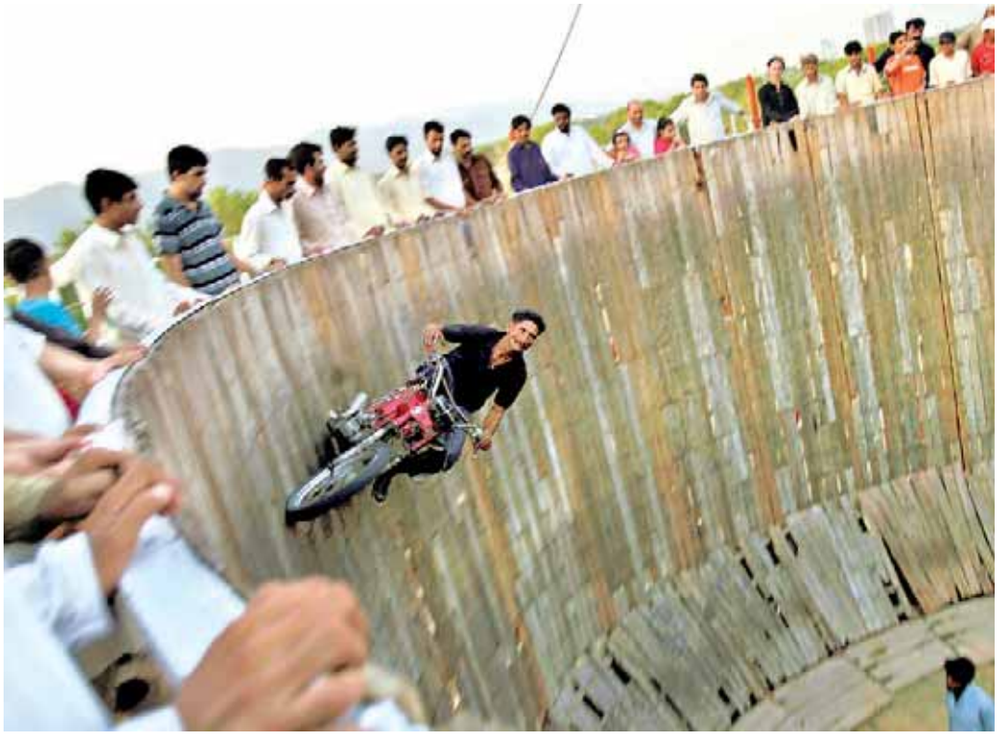
Top Gear

Loafers for the road

A good driving shoe should be comfortable and supportive, as well as stylish (think slippers for wearing inside your car). The Hayward driver from Ralph Lauren appears to fill all three requirements. The Italian-made loafer is made of a soft suede upper with single-needle top stitching and a leather-lined memory foam insert. The rubber sole and heel styling was inspired by racecar tread designs. Each pair also comes with its own carrying tote bag. Available colours include olive green, sandstone, grey and brown. The Hayward shoe retails for $395 US/pair and is available through most Ralph Lauren retail outlets, or online at ralphlauren.com.

Auto Bingo

To keep the kids amused on long road trips — and possibly get them interested in something other than video games — consider the Auto Bingo travel game from Kids Love Travel. Each reusable game card requires the player to spot different items along the journey, such as road signs, vehicle types (police car, fire truck, bus, etc.), buildings, animals and so on. And there's no need for tokens or messy markers to keep score as they just slide a tinted plastic cover over the image to keep a tally. Choose from traffic safety, interstate and general-interest theme cards. A set of four cards sells for $7 US from kid slovetravel.com. **WHEELBASE**



The South Asian Evel Knievel?

People watch as Mohammed Iqbal, 41, rides his motorcycle around a circular vertical track in an entertainment park in Islamabad, Pakistan, this month.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

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For the latest information, visit us at Chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2012 Chevrolet (Cruze LS R7A/Equinox LS FWD R7A). ‡0%/0% purchase financing offered by GMCL for 84/84 months on 2012 Chevrolet (Cruze LS R7A/ Equinox LS FWD R7A). O.A.C by TD Auto Finance Services/TD Auto Finance Services/TD Auto Finance Services/Ally Credit. Rates from other lenders will vary. Example: $10,000 at 0%/0% APR, monthly payment is $119.05/$119.05 for 84/84 months. Cost of borrowing is $0 total obligation is $10,000. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Bi-weekly payments based on a purchase price of $16,995/$27,495 with $0 down payment. ▼Based on a 48 month lease for 2012 Chevrolet Cruze LS R7A. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly payments may vary depending on down Payment/trade. A down payment or trade of $0 and/or $0 security deposit is required. Total obligation is $10,135. Option to purchase at lease end is $6,860.00. Excess wear and tear and km charges not included. Other lease options available. *‡‡Freight & PDI ($1,495/$1,495), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2012 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ©For more information go to iihs.org/ratings. ♦Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. Δ2012 Chevrolet Equinox equipped with standard 2.4L ECOTEC I-4 engine. 2012 Chevrolet Equinox fuel consumption ratings based on GM testing in accordance with approved Transport Canada test methods. Comparison based on fuel consumption ratings published by Natural Resources Canada. Your actual fuel consumption may vary. ♣Comparison based on 2012 Wards segmentation: Middle/Cross Utility Vehicle and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. For more information go to iihs.org/ratings. †† 2012 Cruze LTZ with PDA, MSRP with freight, PDI & levies $28,604. 2012 Chevrolet Equinox LTZ, MSRP with freight, PDI & levies $35,729. Dealers are free to set individual prices.

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Limited time finance and lease offers available from Toyota Financial Services on approved credit. †Limited supply available on 2012 Venza FWD models; dealer trades may not be available. As of July 4, 2012, there are 36 units available on 2012 Venza FWD. Numbers will decrease as units are sold. All-in price of a new 2012 Corolla CE Manual (Model BU42EMB)/2012 Matrix Manual (Model KU4EEMB)/2012 RAV4 2WD (Model ZF4DVPA)/2012 Venza FWD (Model ZA3BBTA)/2012 Sienna CE (Model ZK3DCTA) is $18,545/$21,395/$26,465/$31,025/$30,890. All-in price includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable). HST, licensing, registration and insurance are extra. Dealer may sell for less. ‡0.9%/0.9%/0.9%/0.9%/0.9% purchase finance APR for 72/72/72/72/72 months equals a bi-weekly payment of $98/$118/$148/$178/$178 for 156/156/156/156/156 bi-weekly payments with a down payment or trade equivalent of $2,350/$2,200/$3,200/$2,950/$3,900, when you apply the $1,250/$1,250/$750/$1,000/$0 Customer Incentive. Cost of borrowing is $413/$496/$622/$748/$745, for a total obligation of $17,707/$20,640/$26,337/$30,772/$31,636. ^0.9%/0.9%/0.9%/0.9%/2.9% lease APR on a new 2012 Corolla/2012 Matrix/2012 RAV4/2012 Venza/2012 Sienna for 60/60/60/60/60 months. Representative lease example for a 2012 Corolla CE Manual (Model BU42EMB)/2012 Sienna CE (Model ZK3DCTA): all-in price is $18,545/$30,890. All-in price includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable). HST, licensing, registration and insurance are extra. 0.9%/2.9% lease APR for 60/60 months. Monthly payment is $148/$329 with a $3,700/$3,150 down payment or trade equivalent. Total lease obligation is $12,583/$22,911. All-in lease includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable). HST, licensing, registration and insurance are extra. Dealer may sell for less. Based on a maximum of 100,000/100,000 KM. Additional KM charge of $0.07/$0.10 for excess kilometres, if applicable. ◆$1,250/$1,250/$750/$1,000/$0 Customer Incentive is valid on Toyota retail delivery (excluding fleet sales) when leased, financed or purchased from an Ontario Toyota dealership. Vehicles receiving Customer Incentives must be purchased, registered and delivered between July 4 and 31, 2012. *Based upon 2012 independent 3rd party automotive research company study looking at fuel costs, depreciation costs and maintenance costs for base model Corolla and comparative in-market compact vehicles 2002–2011 that have been available in Canada for 10 years. Actual cost of ownership may vary. Offers are valid between July 4 and 31, 2012, and are subject to change without notice. All rights are reserved. Dealer may sell/lease for less. Please see your participating Ontario Toyota dealer for full details.

Michelin's 'communicating' tires tell their tales

Driving Force.
New system, which increases safety, to debut just in time for London Games

JIL MCINTOSH
drive@metronews.ca

London's buses will use the Michelin communicating tires.
PHOTOS COURTESY MICHELIN

It's dangerous to have low air pressure in a tire. The tire will run much hotter, which can potentially lead to a blow-out — and on a vehicle such as a bus, that could put many lives in danger. Maintenance crews normally check each truck or bus tire manually, but a new system from Michelin lets an operator instantly obtain all the necessary information just by stopping by with a handheld device.

These "communicating tires" use the combined technologies of a tire pressure monitoring system (TPMS) and radio frequency identification (RFID) chip to collect and forward the information.

They'll debut this summer on buses at the Olympic Games in London, England.

"This system allows a fleet to monitor tires just by walking by the tires with the sensor picking up the information through the RFID," says Francois Beauchamp, manager of the Field Engineering Group for Michelin Canada. There's no word yet on whether the system will come to Canada.

The components in the tire aren't new. Many passenger cars now come equipped with TPMS, which warns the driver when the air pressure in a tire is low. Some tires also contain RFID chips, primarily for inventory. However, Michelin says it is the first to combine them into a "full-fledged ecosystem" that instantly provides such information as the tire's identification number, when it was manufactured, when it was put on a vehicle, and its air pressure and temperature.

The chip is built into the tire and stays with it during its lifetime. Some of its information can also be updated, such as when the tire is retreaded. The chips do not contain batteries, but are powered by electromagnetic waves when the scanner collects their data.

Michelin estimates that it takes about 15 minutes to manually identify a commercial tire and check its pressure, and that this instant readout system will leave operators more time for visual inspections and tread depth checks. It also enables crews to easily verify the identification and age of the inside tires on buses with dual rear wheels, where that information — which is molded into the side of the tire — is hidden by the outer tires.

"Monitoring the tire pressure and temperature is related to safety, because in the transit community, you're transporting people," Beauchamp says. "You also achieve better maintenance of your fleet, which in turn gives you better fuel economy and fewer emissions."

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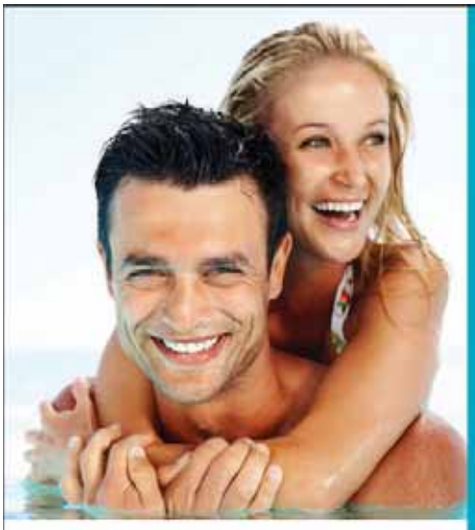

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Blast from the past

Sentimental value. High-performance sports car spent two decades stashed away at Mazda head office

JUSTIN PRITCHARD
drive@metronews.ca

The 1993 Mazda RX-7 produced 255 horsepower. Almost 20 years later, it calls a simpler sports car era to mind. JUSTIN PRITCHARD/FOR METRO

In 1993, I was listening to Whoomp! (There It Is) on my Sony Walkman and playing Mortal Kombat on my Sega Genesis.

Getting my driver's licence was years away, but I had a poster of the 1993 Mazda RX-7 on the wall in my bedroom, too.

That year, the RX-7 was being sold as Mazda's $45,000-plus flagship sports car. This machine is largely regarded as the highest-performing street-legal Mazda ever made.

It's also the source of that "Zoom-Zoom" DNA present in Mazda's products to this day.

This was a special car for the Japanese automaker — and largely the reason that Mazda stashed one brand-new, bright yellow, unmodified unit away at their head office for two decades.

For a time, it was even parked in the front lobby —the same front lobby I walked into to pick up my first ever test-car (a Mazda MX-5) seven years ago. So, effectively, this particular yellow RX-7 watched from a few feet away as I started my career reviewing cars.

Recently, I had the rare chance to realize a childhood dream and spend a week driving this exact RX-7. Sentimental value? Very much. A supercomputer-designed suspension, lightweight hollow swaybars and four-wheel ABS brakes were advanced for their time. Ditto the sophisticated, sequential twin-turbo setup — which helped the 1.3-litre rotary engine generate 255 horsepower and 217 lb.-ft of torque.

Two turbochargers meant two boosts of power smoothly merging with one another — perceived by the driver as virtually lag-free torque from just beyond idle to just shy of the 7,500 r.p.m. redline. This is the sort of technical, mechanical wizardry that makes excited aspiring car fanatics salivate.

Rear-wheel drive and a five-speed manual were standard. All said, it was fast by standards of its day, and is still quick and potent 20 years later.

At full rip, torsos are pressed into seatbacks as the persistent whistling of the turbochargers enters the cabin — which is sweet.

The rotary engine's compact size allowed it to be mounted behind the front axle, helping with a 50/50 weight balance. Handling response is instant, direct, and surprisingly heavy and locked-on despite the size of the car.

I couldn't bring myself to drive this classic aggressively, but the eagerness and agility can be felt at every touch of the wheel.

Without the distractions of modern day gadgets and safety gear, RX-7's engineers could focus purely on the driving experience.

This was a car from an era where focusing on the driving experience was a very big deal.

And now, even two decades later, it still drops the jaws of people half its age.

And the jaws of folks like me who had a poster of it on their bedroom wall when they were a kid.

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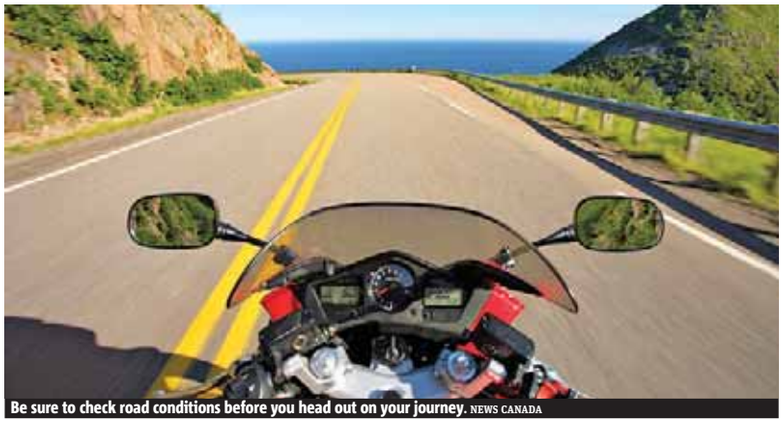

Be sure to check road conditions before you head out on your journey. NEWS CANADA

There's nothing like the beautiful Canadian summer landscape to inspire a motorcycle trip on the open road. Before you head out to make memories on a cross-country journey, consider the following safety tips from TD Insurance:

Plan ahead
Following the open road is no doubt appealing, but choosing your route ahead of time will ensure a safer ride. Plan your time and distance, so at the end of the day you have a comfortable place to eat and stay. Be sure to check road conditions in advance — paved roads are safer than dirt roads.

Gear up
Make sure you and your bike are in peak condition. You'll be riding for long periods of time, so core muscle strength and a top performing bike are important. Also, make sure you have the proper attire for venturing from coast to coast. Bright colours will increase your visibility to other motorists, and proper motorcycle riding gear will protect you from debris.

Rest accordingly
Traffic and weather may steer you off course and add stress to your travels, so remember to allow ample time to reach your destination. Take a break along the way — you'll have a more enjoyable trip if you stop to smell the roses.

Check your insurance
Before you embark on your adventure, check your motorcycle and travel medical insurance policies to avoid any unwanted surprises. Remember that your province's health insurance plan may not cover you on out-of-province excursions even within Canada. Speak with your insurance provider to ensure your policy will provide adequate coverage regardless of your travel plans.

NEWS CANADA

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i-MiEV Premium model shown*

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* i-MiEV Premium model shown has an MSRP of $35,998 and selling price of $37,833. Δ Ontario EV government incentive of $8,231 (after taxes) on the purchase of new i-MiEVs. See Ontario Ministry of Transportation website for more details.

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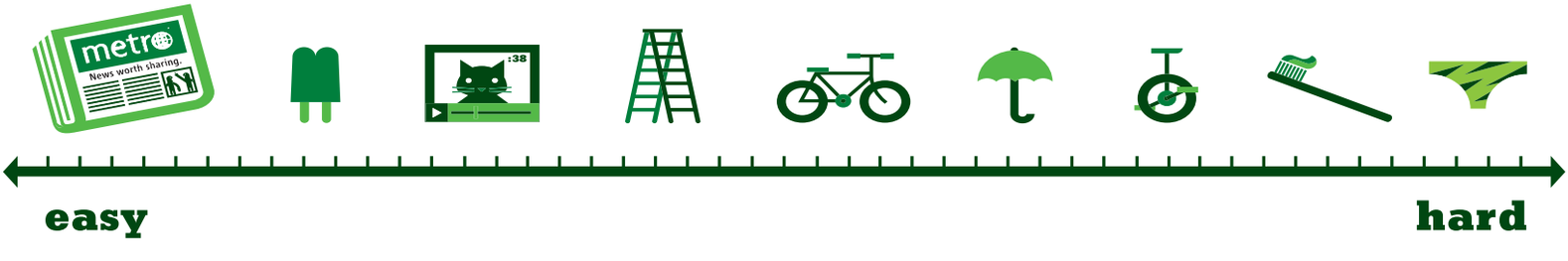

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Horoscopes

♈ Aries
March 21 - April 20
Temptation will come knocking today. Do you answer the door and let it in or do you call on all your powers of self-control and ignore it? Only you can decide, but consider this: Is enjoying yourself really a sin?

♉ Taurus
April 21 - May 21
You may find it hard to control your emotions today. Pluto, planet of extremes, will make you a bit touchy and maybe a bit jealous too. So, watch you don't go over the top and say something you'll later regret.

♊ Gemini
May 22 - June 21
Someone you work with seems determined to find fault with everything you do and it's getting you down. All you can do is sit tight and wait for him or her to get fed up with his or her carping.

♋ Cancer
June 22 - July 23
Close your ears to gossip because hardly any of what you hear today will be true. Someone is trying to poison your mind against a person you have known and trusted for years. Don't fall for it.

♌ Leo
July 24 - Aug. 23
Steer clear of a feud that is none of your business. If you get involved, it will make it appear you have taken sides. Before you know it, you'll be involved in a war of words no one can win.

♍ Virgo
Aug. 24 - Sept. 23
The more others say you need to make changes, the more you must resist. This is not the right time to throw everything up in the air. That applies as much to your personal life as it does to your career.

♎ Libra
Sept. 24 - Oct. 23
Something you have grown used to over the years will go out of your life today but that's good because it has been taking up more time and space than it deserves. Make room for new things.

♏ Scorpio
Oct. 24 - Nov. 22
Don't be silly and make promises you might want to back out of later on. And don't use emotional blackmail to get what it is you most desire. What will you do if your bluff is called?

♐ Sagittarius
Nov. 23 - Dec. 21
Both at home and at work you should strive for a more relaxed and forgiving attitude today — not because others deserve to be forgiven but because it will be you who suffers most if you get uptight.

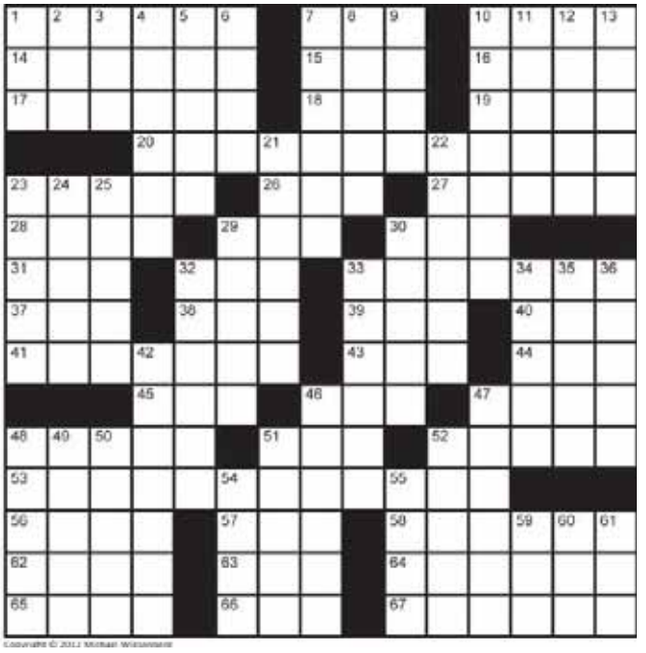
♑ Capricorn
Dec. 22 - Jan. 20
If things don't work out the way you plan today, chances are it's only a temporary setback. There's no need to panic. Have more patience with yourself and, most importantly, think long-term in everything you do.

♒ Aquarius
Jan. 21 - Feb 19
No matter how much others may say you should loosen the purse strings, you know it's the wrong thing to do. Luxury items must stay off your shopping list until such time as you can afford them.

♓ Pisces
Feb. 20 - March 20
Passions will be running high today, so think before you act both at home and at work. If someone in your family does not like the friends you hang out with come right out and ask them why. SALLY BROMPTON

Crossword: Canadianisms

BY MICHAEL WIESENBERG



Across
1. "No, really?" in Newfoundland
7. Canadian name for US calls soda
10. Isl. S of Aus.
14. Antique photos
15. One in the East
16. Concept, in Québec
17. Bend an elbow
18. "Sprechen ___ Deutsch?"
19. Track event
20. Hooch on Prairies; in ON, mix of beer, vodka, lemonade
23. Noted lover
26. Majors in acting
27. "Oye como va, mi ___"
28. Hatchet man
29. Pub mate
30. "But ___ me a canny hour ...": Burns
31. Crude msmt.
32. Guar ___
33. Tykes' clothing chain
37. Internet giant
38. *7 Faces of Dr.* ___
39. ___ possidetis: as you possess, at law
40. "Achtung Baby" producer Brian
41. Double 12-pack of Molson's or Moosehead
43. *Star Trek* letters
44. Scotsman's wee drappie
45. Car safety feature
46. E-I fill
47. Car roof with removable panels
48. Stadium cousin
51. Dog's bark
52. Poseur
53. Coffee with 2 creams, 2 sugars at 10-Down
56. Bards strings
57. Chevys, Cads
58. Electoral district: Canadian term
62. Green subj.
63. "Shoo!"
64. Fatigue cause
65. Nap
66. Sides in cricket
67. Swindled

Down
1. Fed. tax
2. Wu ___: tenet of taoism
3. PC program
4. RCA Victor dog
5. *Jungle Book* bear
6. 1914 Belgian battle line
7. Shoved
8. Cooling
9. Mackenzie tributary in YT and NT
10. Canada's quintessential fast food place, familiarly
11. "We owe you ___ of gratitude"
12. "Call 'em as I ___"
13. Montréal's underground
21. Hue and cry
22. Containing a certain precious element
23. Morocco capital
24. *The* ___ *Incident*: 1943 Western
25. ___ Yello soft drink
29. Hawaiian fests
30. Men's briefs, on the Prairies
32. ___ warming
33. Chinese self-defense
34. Place to eat, in PQ
35. Workers' group
36. Overly sentimental
42. Part of car's cooling system
46. What Canadians expect by late summer
47. PQ corner, variety, or convenience store
48. Holmes's adversary Irene
49. Rolls partner
50. Italian money
51. Sys ___: IT VIP
52. Either of two noted Roman authors
54. Frozen waffles
55. Boast
59. Baby-sitter's headache
60. Never: Ger.
61. Flit about

Yesterday's crossword

What's online

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

3					7		2	
			4	2			9	
	8		6					1
	6	8		4				
1			3		6			4
				9		5	7	
4					9		5	
	3			1	5			
	5		2					8

Yesterday's Sudoku

1	8	5	2	7	3	9	4	6
4	9	2	1	6	5	8	7	3
6	7	3	9	8	4	1	5	2
2	1	4	8	9	8	7	3	5
8	6	7	3	5	1	2	9	4
5	3	9	7	4	2	6	8	1
7	4	8	5	1	6	3	2	9
9	2	1	4	3	7	5	6	8
3	5	6	8	2	9	4	1	7

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Thursday
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DOWN	APR	BI-WEEKLY

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Sportage SX Turbo shown△

HWY (A/T): 6.2L/100KM
CITY (A/T): 9.4L/100KM

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CITY (A/T): 8.6L/100KM

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The Power to Surprise

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include dealer administration fees ($399 to $699), licensing, PPSA or applicable taxes.

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by July 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. **0% purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2012 Soul 1.6L MT (SU55C) with a selling price of $18,379 (includes delivery and destination fees of $1,650, other fees of $34, OMVIC fee, environmental fee and A/C tax ($100, where applicable)) financed at 0% APR for 60 months. Bi-weekly payments equal $124 with a down payment/equivalent trade of $1,750. Cost of borrowing is $0 for a total obligation of $18,379. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA, and registration fees are extra. Retailer may sell for less. See dealer for full details. ◆"Don't Pay Until Fall" on select models (90-day payment deferral) applies to purchase financing offers on select 2012 and 2013 models on approved credit (OAC) (2012/2013 Sportage/Sorento/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ≠Bi-weekly finance payment for 2012 Sorento LX MT (SR54K)/2012 Sportage LX MT (SP55C)/2012 Optima LX MT (OP54C) based on a selling price of $25,779/$23,779/$23,584 is $106/$128/$127 with an APR of 0%/0.9%/0% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $7,080/$6,582/$6,595 plus applicable taxes due at end of 60-month period. Offer includes a loan savings of $1,000/$1,250/$0 and a competitive bonus of $0/$0/$500. Delivery and destination fees of $1,650/$1,650/$1,455, other fees of $34, OMVIC fee, environmental fee and A/C tax ($100, where applicable) are included. License, insurance, applicable taxes, PPSA, admin fee (up to $699), and registration fees are extra. See dealer for full details. ›Loan savings for 2012 Sorento LX MT (SR54K)/2012 Sportage LX MT (SP55C) is $1,000/$1,250 and is available on purchase financing only on approved credit (OAC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. Some conditions apply. ›ECO-Credit for 2012 Optima Hybrid is $1,000 and is applicable to the purchase or lease of a new 2012 Kia Optima Hybrid. Available at participating dealers. Certain restrictions apply. See dealer for details. †Competitive Bonus offer available on the purchase or lease of new 2012 Optima (excluding Hybrid) models at a value of $500 (deducted before tax) for owners of a Honda Accord, Toyota Camry or Mazda6 with proof of ownership. Certain restrictions apply. Offer is transferrable within same household (must provide proof of address). Limit of one bonus per customer or household. Offer not combinable with any other loyalty/conquest offers. Offer ends July 31, 2012. ^2012 Kia Sorento/2012 Kia Sportage awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. *Model shown cash purchase price for 2012 Sorento 3.5L SX AWD (SR75KC)/2012 Sportage SX (SP75KC)/2012 Optima SX Turbo (OP748C) is $39,279/$36,579/$32,984 and includes a cash savings of $3,500/$2,500/$2,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers), a competitive bonus of $0/$0/$500, delivery and destination fees of $1,650/$1,650/$1,455, other fees of $34, OMVIC fee, environmental fee and A/C tax ($100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Based on the Manufacturer Suggested Retail Price of $42,779/$39,079/$35,484. Retailer may sell for less. See dealer for full details. Available at participating dealers. ^Highway/city fuel consumption of these vehicles may vary. These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary. Some conditions apply to the $500 Grad Rebate Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation.